THE NAKED CHEF TO THE RESCUE

MEALS IN 15 MINUTES? JAMIE OLIVER CHEWS THE FAT ABOUT HIS LATEST BOOK OF RECIPES PAGE 19

VANCOUVER metro®

Tuesday, November 20, 2012

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Flood of dirty water shuts B.C.'s busiest ER

Surrey Memorial Hospital. All new emergency patients will be sent to an outpatient clinic and surgery area

The province's busiest emergency room was closed and patients were evacuated as dirty water from a broken water main poured in, forcing nurses to try to control the flood of dirty water by tossing towels and rags on the floor.

Paul Naragliano, 74, said Monday he and other patients were transported to another area of the ER at Surrey Memorial Hospital when water started spilling in.

"But the water, after one hour or so, was coming there too. So the nurses were all running around with rags and tried to stop the water and they asked us to go one floor up and we went up."

Naragliano said he saw about 10 centimetres of water on the floor when patients were being transported out.

Tasleem Juma of the Fraser Health Authority said a construction accident caused the water main to break, creating significant damage to the ER.

Juma said 25 patients were in the ER at the time of the incident, just before 9 a.m., and they have been relocated to other areas in the hospital.

"My understanding is that at the peak of the water coming in, we were looking at about ankle-height water."

She said the diagnostic-imaging area is also damaged from the water, which was originally considered contaminated but by later in the day was concluded to simply be dirty.

The ER will remain closed for "at least several days" as officials develop a restoration plan, announced the health authority in a statement Monday evening.

The health authority said it does not yet know how much the incident will cost.

THE CANADIAN PRESS

By the numbers

108

The health authority said while one operating room is now functioning for emergency surgeries, a total of 108 elective, non-urgent surgeries have been postponed.

Water floods the entrance to the emergency room of Surrey Memorial Hospital on Monday. EVAN SEAL/SURREY LEADER

Middle class vanishing

Vancouver is seeing a polarization of income, with more residents classified as either rich or poor, research says PAGE 3

Talking Pi-losophy

Life of Pi actor Suraj Sharma dishes on the life-changing role that turned him into a philosopher PAGE 17

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Vancouver's poverty spreads along SkyTrain

'Suburbanization of poverty'. Report looks at average income in different census tracts to see if it falls above, at or below city's average

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Except for pockets of rich in the west and poor in the Downtown Eastside, Vancouver was home to middle-class folks in the 1970s.

But fast forward to 2010 and a starkly different city emerges.

The middle class shrank to 53 per cent from 71 per cent, the upper and lower classes grew, neighbourhoods gentrified and poverty shifted east along the rapid-transit line, according to UBC geology professor David Ley's research on disparity in Metro Vancouver.

"It's a real suburbanization of poverty," Ley said. "I don't think our public image of cities has quite caught up with that."

His preliminary report released this fall, Divisions and Disparities in Lotus-Land: Socio-Spatial Income Polarization in Greater Vancouver, 1970-2005, looks at average income levels in different census tracts to see if they fall above, at or below the city's average.

By 2005 more neighbourhoods in the west were rich, while the poor — traditionally concentrated in the inner city — were priced out of the centre and moved along the SkyTrain to South Burnaby and North Surrey.

While no one reason can explain why, gentrification of neighbourhoods such as Yaletown, Fairview and Grandview-Woodland displaced people and caused homelessness, Ley said.

And numbers from 2010 income-tax returns that Ley received this week show accelerated polarization between rich and poor, especially in the Downtown Eastside.

Vancouver's experience is opposite of Toronto when it comes to transit, Ley said, as high-income residents concentrate around transit in Hogtown.

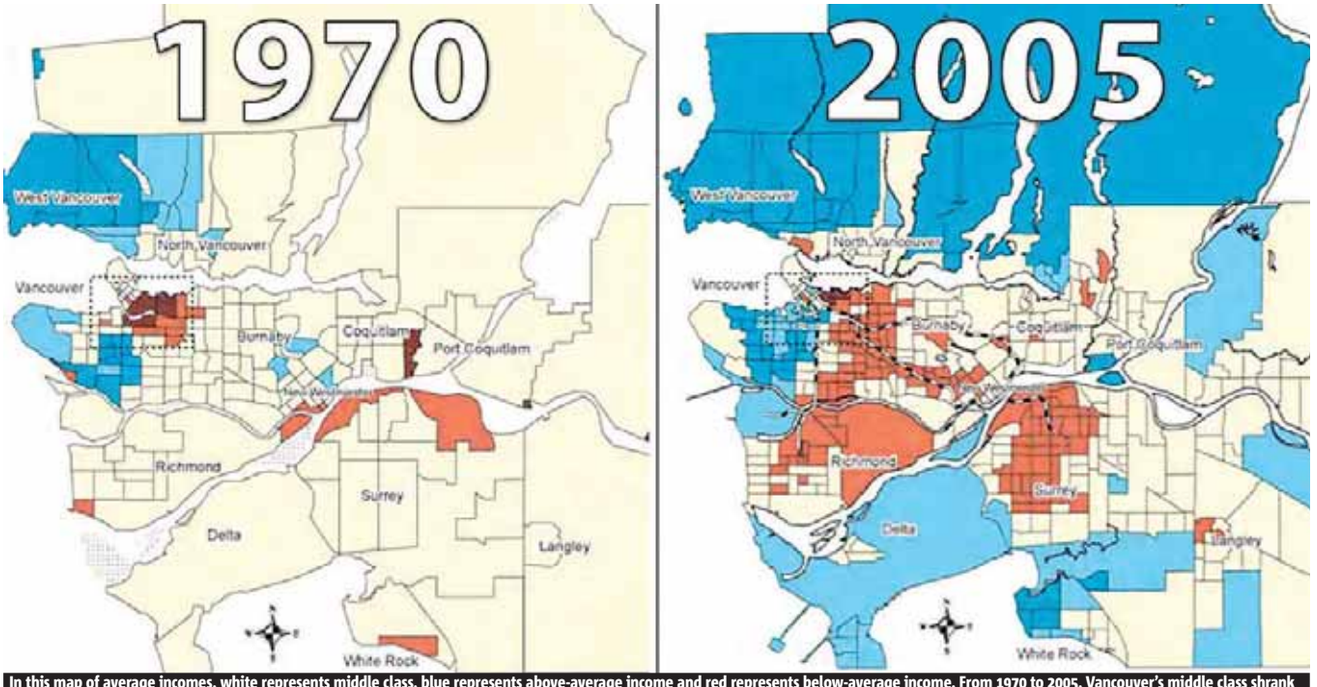
It's a phenomenon Martin Wyant, CEO of Tri-Cities social-services organization the Share Society, can see simply by looking at the increase of residents that need Share's food bank — a 59 per cent rise since 2007.

In the suburbs, new condo developments hide the poverty, he said, but most people are forced to commute for higher-paying jobs.

"You'll see the same things going on here, but they're a little bit more hidden," he said.

Share helps a lot of refugees, as many can't afford to settle downtown. But Wyant also sees many whose lives have been rattled by a lost job or major sickness.

"The reality for most people is they're maybe one or two paycheques away from needing a food bank," he said. "It can happen to any of us."



In this map of average incomes, white represents middle class, blue represents above-average income and red represents below-average income. From 1970 to 2005, Vancouver's middle class shrank from 71 per cent to 53 per cent while more neighbourhoods got richer (16 to 24 per cent) or poorer (13 to 23 per cent).

COURTESY OF THE REPORT DIVISIONS AND DISPARITIES IN LOTUS-LAND: SOCIO-SPATIAL INCOME POLARIZATION IN GREATER VANCOUVER, 1970-2005

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Councillors party, reflect on Vancouver's electionversary

One year. Vision counts among its accomplishments the interim rezoning policy that aims to add affordable housing

KATE WEBB
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Gregor Robertson says affordable housing and transportation continue to be the top issues on his agenda, one year after his re-election. PHYLICIA TORREVILLAS/METRO FILE

On the anniversary of Vancouver's last civic election, city councillors unanimously praised the city's 2040 transportation plan, while the minority opposition continued to question the direction of its affordable-housing plan.

Mayor Gregor Robertson said of all of council's accomplishments in the past year he is most proud of the work of his affordable-housing task force, which he co-chaired with former B.C. Liberal cabinet minister Olga Ilich.

"It should start to turn the tide on vacancy rates and making more homes available to seniors and students in particular, where we're seeing the biggest pinch," he said. "Tackling affordable housing is a multi-year project. It's not something we can fix in one year."

Vision Vancouver threw itself a little party Sunday night to mark the anniversary of its second majority, noting among its accomplishments the interim rezoning policy that aims to densify and add affordable housing along transit corridors.

The first 20 pilot projects could see anywhere from 300 to 1,000 new affordable townhomes, rowhomes and mid-rise units built, depending on which proposals are approved.

Since winning seven out of 10 seats on council last November Vision has also secured funding for winter homeless shelters, and delivered or announced more than 130 new supportive-housing and shelter spaces.

NPA councillor George Affleck said it's been a challenging year for him as one of only two right-of-centre voices on council. But he is pleased he was able to get a motion passed to resolve end-of-lease-hold issues for thousands of residents in the south side of False Creek.

Both he and lone Green Party councillor Adriane Carr mentioned the need for greater transparency in the city's next budget, after getting little more than a one-page summary of it this year and being denied more detail when they asked for it.

Carr said she was pleased to be working with Vision, and that two-thirds of the motions she has put forward since being elected have passed.

Follow Kate Webb on Twitter @MetroK8

Park board's Barnes would run in another riding if NDP asks

Vancouver park board commissioner Constance Barnes. PHYLICIA TORREVILLAS/METRO FILE

Vancouver park board commissioner and heavy favourite heading into the Vancouver–False Creek NDP nomination Constance Barnes was "very, very disappointed and shocked" after losing to digital-media entrepreneur Matt Toner on Saturday.

"It's a tough loss, I'll be honest," she said Monday, adding that she would throw her support behind Toner. "The vote was recounted many times. I have to trust the process."

Of Vancouver's 11 NDP candidates, Barnes' defeat means nine will be men.

But Barnes is open to running in another riding if the NDP requests her help, she said. She "absolutely" wants to follow in her father's footsteps. (Emery Barnes was a longtime MLA for Vancouver-Centre.)

"If the party needed me, I would definitely be there for them," she said. "I do not see myself ever leaving this business."

Vancouver–Quilchena is the only riding in the city that hasn't yet chosen an NDP candidate. Vying for the spot in the Liberal stronghold are Chris Moon and Nicholas Scapillati, both running for the first time on environmentally focused platforms.

The Liberals have nominated far fewer candidates in the city, but the party already has more women representatives.

Margaret MacDiarmid will seek re-election in Vancouver-Fairview, as will Moira Stilwell in Langara and Christy Clark in Point Grey. Gabby Kalaw will run in Kensington.

EMILY JACKSON/METRO

Job action

Strike cancels BCIT, VCC classes

Thousands of students attending day and evening classes at BCIT and Vancouver Community College could ignore their alarm clocks Monday morning as classes at both facilities were cancelled.

Faculty, staff and support staff set up picket lines at BCIT to back contract demands, while CUPE support staff at VCC did the same. Classes at the two post-secondary institutions are slated to resume Tuesday. THE CANADIAN PRESS

Lawsuit

RCMP officer denies harassment

A harassment lawsuit filed by a female B.C. Mountie against a male officer is being met with more denials.

Const. Karen Katz filed a civil suit earlier this year, accusing Cpl. David Singh Bamra of harassment, misconduct and conspiring against her.

But in a statement of defence filed in B.C. Supreme Court, Bamra denies all the allegations. Earlier, the federal government filed a similar statement of defence. THE CANADIAN PRESS

New Westminster

Man shot by police outside casino dies

The Independent Investigations Office (IIO) says a man shot by police outside a casino in New Westminster has now died.

The man was shot after a lengthy standoff outside the Starlight Casino on Nov. 8.

He died in hospital Sunday night and his name has not yet been released.

The IIO has taken charge of the investigation into the shooting. THE CANADIAN PRESS

Nanaimo

Thief steals six coffee machines from Starbucks

It appears some people will do anything to get their jolt of Starbucks coffee — including stealing it.

The Mounties in Nanaimo say someone stole six coffee machines from three different Starbucks locations on Friday.

In each case, the thief walked into a Starbucks and walked out with two Verissmo coffee machines. THE CANADIAN PRESS

Saanich

Police puzzled by hotel stabbing

Police are still trying to figure out the motive behind the stabbing of several workers at a Saanich hotel over the weekend.

Five employees of the Red Lion Inn were wounded after a suspect walked up to them and stabbed them with a pair of scissors on Saturday.

Saanich police Sgt. Dean Jantzen says officers arrested 52-year-old Zhi Wei Meng, a manager at the hotel. CFAX/THE CANADIAN PRESS

Near Vernon

Man charged in fatal Hwy. 97 crash

A 29-year-old Creston man has been charged in a fatal highway crash in April of last year near Vernon.

John Moesker was driving a car on Highway 97 that T-boned a Ford van, killing 82-year-old Howard Horning of Vernon, who was a passenger in the van.

Moesker is accused of dangerous driving causing death.

He makes his first court appearance Dec. 13 in Vernon. CKIZ/THE CANADIAN PRESS

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B.C. Liberals. Caucus staff upbraided for anti-Dix site

B.C. Liberal caucus workers who are paid to spend their days highlighting the efforts of Liberal MLAs were told on Monday to lay off working on Liberal-party attack ads while on government time.

Caucus spokesman Ben James said caucus workers were reminded on Monday that their duties do not include doing party work during their government day jobs. He said a caucus-wide memo was issued after emails showed some members of the caucus helped produce a Liberal-party website criticizing NDP Leader Adrian Dix.

CantAffordDix.ca was released in October 2011. It calls Dix the architect of B.C.'s economic decline during the 1990s and reminds voters he "fabricated a memo" for former NDP premier Glen Clark.

NDP social development critic Carole James says the anti-Dix website and its creators reveal a government and party out of ideas as it sputters toward a May election.

THE CANADIAN PRESS

Justicia Project

Program seeks to keep women in law

A new initiative aims to keep women lawyers in private practice. The Justicia Project was developed after statistics showed women leave the law at a much higher rate than men within the first 10 years. The program is being spearheaded in B.C. by Gowlings law firm and will review flexible hours and parental-leave policies so women can combine legal careers and family life. THE CANADIAN PRESS

Hello kitty

SPCA claws back cat-adoption fees

The B.C. SPCA is cutting its cat and kitten adoption fees by half, starting Monday and continuing through Dec. 9. Spokeswoman Lorie Chortyk says the society takes in more than 17,000 homeless cats and kittens a year and usually the numbers decline in the fall, but this year is an exception. More than 900 adult cats and 1,100 kittens are looking for homes. THE CANADIAN PRESS

Missing-women inquiry a 'failure,' groups say

Report slams process. 'The whole story is not told,' says woman whose daughter disappeared

PHYLICIA TORREVILLAS
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Wally Oppal has yet to deliver his final report, but several human-rights groups in the province have already labelled his Missing Women Commission of Inquiry a "failure."

A report released on Monday by the B.C. Civil Liberties Association, the Pivot Legal Society and the West Coast Women's Legal Education and Action Fund comes just days before Commissioner Oppal's final report — expected on Nov. 30 — to the B.C. attorney general.

Kasari Govender, executive director of West Coast LEAF, said the inquiry excluded the voices of marginalized women and the organizations that have worked with them.

"After excluding marginalized voices, failing to fund community organizations that were trusted by the women, excluding witnesses from the process of the hearing … some words on paper are not going to foster the kind of reconciliation that could have been fostered here," she said.

The report also gives recommendations on how major procedural issues, including independence of the commission, lack of necessary document disclosure, limited terms of reference and the delay in getting the inquiry underway could be prevented in future investigations.

Families of the missing and murdered women say they hope the recommendations lead to change in the justice system, and say the inquiry was "incomplete and flawed."

"There were millions of pages of documentation and they got to decide what was disclosed," said Michele Pineault, whose daughter Stephanie Lane's DNA was found on Robert Pickton's farm. "Why is that? What wasn't disclosed? So the whole story is not told."

Lindsay Lyster of the B.C. Civil Liberties Association, left, and Kasari Govender of West Coast LEAF say the Missing Women Commission of Inquiry has excluded marginalized women. PHYLICIA TORREVILLAS/METRO

Oppal said while he respects the opinions of the groups, he hopes they read his report with an open mind and "come to the table with an attitude of co-operation and collaboration."

"It is time for us to come together instead of apart," he said in a statement. "It is time for us to find our common ground, to identify what can work and to make change through positive action."

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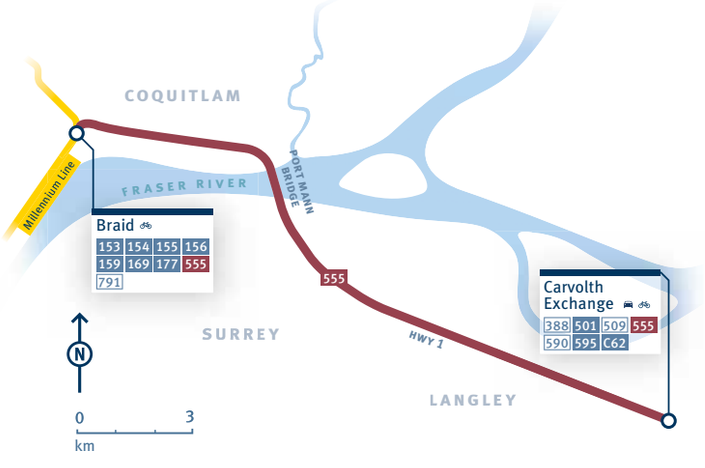

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Campaign urges Facebook to protect kids

Red Hood Project. Group calls for better security measures to protect young social-media users

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A new made-in-B.C. campaign is urging Facebook to make changes to its security and privacy features to protect children like Amanda Todd from Internet predators.

Red Hood Project founder Sandy Garossino penned an open letter last week to Facebook COO Sheryl Sandberg signed by a host of local experts, as well as Centre for Child Honouring founder Raffi.

"We are in favour of a system that offers genuine security to kids, and we don't know what that is, but we didn't invent the system," Garossino said.

"Social media corporations are multibillion-dollar companies, they engineered the system, they marketed the system.... It is not for the consumer to ensure the safety of a product."

Raffi told Metro on Monday we need a "radical rethink" of the protection of young social-media users.

"Especially with the smartphones we have, the transmission of data is so easy," he said. "The temptations are huge to take a photo and transmit it without thinking. I think we as a society need to come to grips with what has happened in the eight short years we have had social media."

Parry Aftab, a voluntary member of Facebook's safety advisory board, debated Garossino on CBC on Monday. She said members of Red Hood Project don't understand that social media and social networks already prohibit use by children under 13. She argued the onus is on parents and adult users not to be passive or uninformed bystanders.

Quoted

"The temptations are huge to take a photo and transmit it without thinking."
Raffi, founder, Centre for Child Honouring

A child plays a video game on her smartphone. GETTY IMAGES

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Food-truck robberies. Owners shaken, customers hungry

Prawn tacos, fried rice balls and Vij's East Indian are off the menu for food-truck lovers Monday after two trucks were broken into and vandalized in East Vancouver.

Thieves pried open the windows and "violated" Roaming Dragon and Vij's Railway Express food trucks and a third catering truck parked side by side in a gated facility, said Jason Apple of Gourmet Syndicate, the company that operates the trucks.

"They crowbarred the point-of-sale system, smashed the windows and took whatever they could," he said. "The crummy thing is, that's our restaurant. You just feel like somebody's entered your home."

The trucks were parked near the commercial kitchen that all food trucks are required to have. Apple wouldn't specify where for security reasons. The trucks typically serve customers near Burrard and Robson streets.

It's still unclear how much was stolen, but the trucks will not operate Monday as police investigate and owners clean up the mess.

It's the first theft for Roaming Dragon, which opened shop in June 2010, and Vij's, which hit the road in June 2012.

Food truck robberies are rare in Vancouver, Apple said, but have occurred south of the border in cities such as Los Angeles.

EMILY JACKSON/METRO

Stopping for lunch

Eagles are seen in a tree along the Harrison River near Kilby, B.C., on Friday. Thousands of eagles flock to the area to feed on salmon as they go up river to spawn.

JONATHAN HAYWARD/THE CANADIAN PRESS

Ban on generic OxyContin rejected

Ottawa. The federal government will not delay, deny approval of cheaper painkillers

Ottawa has rejected provincial pleas to delay or deny approval of the generic form of OxyContin, a highly addictive painkiller that has been widely abused in many small towns and remote First Nations reserves.

Instead, Health Minister Leona Aglukkaq says Ottawa will tighten licensing rules so that distributors of oxycodone have to keep better track of where the drug goes. They will now need to report spikes in sales and changes in distribution patterns, in addition to previous responsibilities to report losses and theft.

Quoted

"Banning a generic version of one drug would do little to solve the actual problem."

Health Minister Leona Aglukkaq, pointing out there are "almost 100 authorized drugs" in the same class as OxyContin

Aglukkaq is also telling the provinces to use their own power over doctors and pharmacists to crack down on wayward prescriptions.

"Banning all these drugs because they have the potential to be addictive would help dry up the drug supply for addicts, but would lead to pain and suffering for patients who desperately need them," Aglukkaq said in a letter to provincial and territorial health ministers.

THE CANADIAN PRESS

Health Minister Leona Aqkukkaq says the federal government will tighten licensing rules surrounding oxycodone. GRAEME ROY/THE CANADIAN PRESS FILE

Money. Alberta premier's sister expensed public for Tory party events: Docs

The sister of Alberta Premier Alison Redford used her position as a health-board executive to attend and hold Progressive Conservative party events on the taxpayers' dime, new documents show.

There was money for liquor, travel, hotels, flowers and bug repellent.

Wildrose Leader Danielle Smith, while releasing the documents on Monday, said a bigger investigation is needed since Lynn Redford and those who signed off on the expenses remain executives with Alberta's health superboard.

"We've got the same people in positions today who exercised this lack of judgment, and they need to be called to account," Smith told a news conference at the legislature.

Smith said the case bridges the two scandals of health officials abusing their expense accounts — such as former Edmonton health region chief financial officer Allaudin Merali — with public institutions delivering government grant and operating money to the PC party.

"This connects with the broader story of repeated instances of illegal activity in giving donations to a partisan political party from taxpayer dollars," Smith said. "We want to know how widespread that problem is."

Alberta Premier Alison Redford
THE CANADIAN PRESS FILE

Redford refused to answer questions from reporters in Ottawa, where she was giving a speech.

The Wildrose party obtained the documents under freedom of information rules. The papers pertain to Lynn Redford's spending while she was government-relations adviser to the now-defunct Calgary Health Region from 2005 to 2008, well before her sister became premier. THE CANADIAN PRESS

Petitions

Conservative MPs keep abortion debate alive

It's been two months since the House of Commons rejected a controversial abortion-related motion, but Conservative MPs are using a tried-and-true parliamentary tool to keep the issue alive.

Petitions on abortion have been filed at least 20 times by Conservative MPs (Lawrence MacAulay of the Liberals has also presented one) since the Commons voted down a controversial backbench motion to study the definition of a human being in the Criminal Code.

THE CANADIAN PRESS

Manitoba

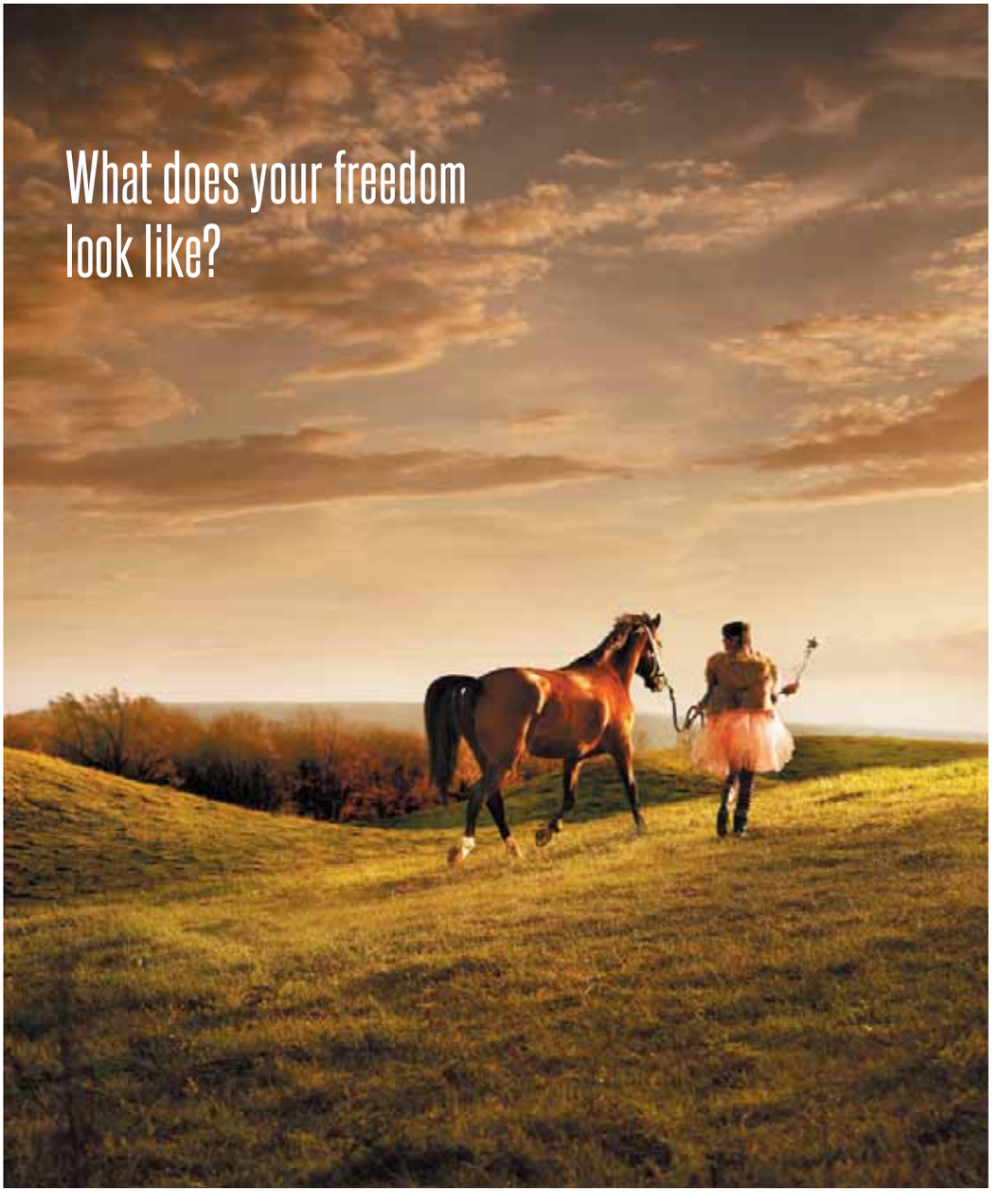
Seven survivors of plane crash in stable condition

Seven survivors of a fatal plane crash in northwestern Manitoba were in stable condition in several hospitals on Monday.

Health officials said the men, who work for Dumas Mine Contracting, were being treated for non-life-threatening injuries in local hospitals.

The pilot of the Cessna 208 aircraft was killed when the plane crashed on Sunday just a few kilometres from the airstrip near the town of Snow Lake.

THE CANADIAN PRESS



Denied: No nativity scene, judge rules

'The atheists won.'
Santa Monica's decision to ban all displays upheld as Christian group sues over freedom of speech

A federal judge on Monday denied a Christian group's bid for a preliminary injunction to force suburban Santa Monica to reopen spaces in a city park to private displays, including Christmas nativity scenes.

U.S. District Court Judge Audrey Collins formalized an earlier tentative ruling.

William Becker, the attorney for the Christian group, said he will appeal.

"The atheists won and they will always win unless we get courts to understand how the game is played and this is a game that was played very successfully and they knew it," Becker said after the hearing.

Christmas nativity scenes had been erected in Palisades Park for decades. Last year, atheists overwhelmed the city's auction process for display sites, winning most of the slots and triggering a bitter dispute.

City officials snuffed the city's tradition this year rather than play referee, prompting churches to sue over freedom of speech claims.

"It's a sad, sad commentary on the attitudes of the day that a nearly 60-year-old Christmas tradition is now having to hunt for a home," Hunter Jameson, head of the non-profit Santa Monica Nativity Scene Committee, said in advance of the hearing. THE ASSOCIATED PRESS

Sounds like a holiday flick

"Our goal is to preserve the tradition in Santa Monica and to keep Christmas alive."

William Becker, attorney for the Christian group fighting to keep nativity scenes in Santa Monica, nicknamed the City of the Christmas Story.

In this photo from last year's Christmas season, a woman walks past traditional displays showing the Nativity in Santa Monica, Calif. THE ASSOCIATED PRESS FILE

A display set up by avowed atheist Damon Vix in Palisades Park picturing Poseidon, Jesus, Santa Claus and the devil. SCOTT HEAD/THE ASSOCIATED PRESS

Science. Chimps may get midlife crises too, researchers conclude

Chimpanzees in a midlife crisis? It sounds like a setup for a joke.

But there it is, in the title of a report published Monday in a scientific journal: Evidence for a midlife crisis in great apes.

So what do these apes do? Buy Ferraris? Leave their mates for some cute young bonobos?

Uh, no.

"I believe no ape has ever purchased a sports car," said Andrew Oswald, an author of the study. But researchers report that captive chimps and orangutans do show the same low ebb in emotional well-being at midlife that some studies find in people.

That suggests the human tendency toward midlife discontent may have been passed on through evolution, rather than resulting just from the hassles of modern life, said Oswald, a professor of economics who presented his work Monday.

Yes, apes do have social lives, so "it could still be something human-like that we share with our social cousins," he said. "But our result does seem to push away the likelihood that it's dominantly something to do with human life." THE ASSOCIATED PRESS

The happiness curve

Several studies have concluded that happiness in humans tends to follow a certain course between 20 and 70.

- It starts high, declines to reach a low point in the late 40s, then turns around and rises to another peak at 70. On a graph, that's a U-shaped pattern.
- Some researchers question whether that trend is real, but to Oswald the mystery is what causes it.
- "This is one of the great patterns of human life. We're all going to slide along this U for good or ill," he said. "So what explains it?"

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Palestinian casualties continue to rise from Israeli missile strikes

Gaza strife. Hamas and Israel presenting ceasefire conditions to Egypt as diplomats worldwide join in to help broker peace

Israeli aircraft struck crowded areas in the Gaza Strip and killed a senior militant with a missile strike on a media centre Monday, driving up the Palestinian death toll to 100, as Israel broadened its targets in the six-day-old offensive meant to quell Hamas rocket fire on Israel.

Escalating its bombing campaign over the weekend, Israel began attacking homes of activists in Hamas, the Islamic militant group that rules Gaza. These attacks have led to a sharp spike in civilian casualties, killing 24 civilians in just under two days and doubling the number of civilians killed in the conflict, a Gaza health official said.

Casualties

- **Palestinians.** Overall, the offensive that began Wednesday killed at least 100 Palestinians, including 53 civilians, and wounded some 840 people, including 225 children, a Gaza heath official said.
- **Israelis.** On the Israeli side, three civilians have died from Palestinian rocket fire, and dozens have been wounded.

The rising toll came as Egyptian-led efforts to mediate a ceasefire between Israel and Hamas got into gear.

While Israel and Hamas were far apart in their demands, both sides said they were open to a diplomatic solution — and prepared for further escalation if that failed.

The leader of Hamas took a tough stance, rejecting Israel's demands that the militant group stop its rocket fire.

Palestinians carry an injured man after an Israeli strike on a building in Gaza City, Monday. It was the Israeli military's second strike on the building in two days. The Palestinian militant group Islamic Jihad says another Israeli strike on a Gaza media centre killed one of its top militant leaders. BERNAT ARMANGUE/THE ASSOCIATED PRESS

Instead, Khaled Mashaal said Israel must meet Hamas' demands for a lifting of the blockade of Gaza.

"We don't accept Israeli conditions because it is the aggressor," he told reporters in Egypt. "We want a ceasefire along with meeting our demands."

An Israeli official said Israel doesn't want a "quick fix" that will result in renewed fighting months down the road. Instead, they want "international guarantees" that Hamas will not rearm or use Egypt's neighbouring Sinai peninsula for militant activity. THE ASSOCIATED PRESS

Modern warfare

Israelis fending off hackers

A concerted effort of millions of attempts to cripple Israeli websites during the Gaza conflict has failed, Israel's finance minister said Monday, claiming that the only site that was successfully hacked was back up within minutes.

Cyber-security experts said that such hacking attempts have become a new aspect of modern-day warfare and states have to invest in fortifying their virtual defences on a battleground with vague terrain.

Israel regularly fights off hundreds of hacking attempts every day, but nothing on the scale of the recent torrent of attacks. THE ASSOCIATED PRESS

A funny thing happens when you tell kids they matter. They believe you.

An alarming 40,000 kids drop out of high school every year. Boys and Girls Clubs of Canada are committed to changing that. They provide a safe and supportive place where kids can develop confidence and life skills. They offer programs like *Rogers Raising the Grade*™ to help kids with their studies. The Club is a place where kids can drop in, so they're less likely to drop out.

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Declassified info. FBI releases documents about Stalin's daughter

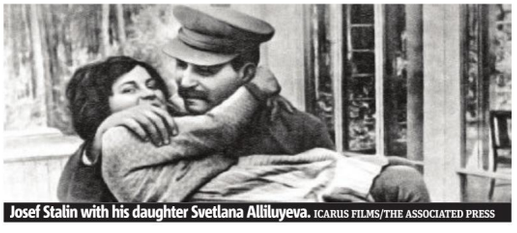
Newly declassified documents show the FBI kept close tabs on Soviet dictator Josef Stalin's only daughter after her high-profile defection to the United States in 1967, gathering details from informants about how her arrival was affecting international relations.

The documents were released Monday to The Associated Press under the Freedom of Information Act following Lana Peters' death last year at age 85 in a Wisconsin nursing home. Her defection during the Cold War embarrassed the ruling communists and made her a bestselling author. Her move was also a public-relations coup for the U.S.

When she defected, Peters was known as Svetlana Alliluyeva, but she went by Lana Peters following her 1970 marriage to William Wesley Peters, an apprentice of Frank Lloyd Wright. Peters said her defection was partly motivated by the Soviet authorities' poor treatment of her late husband, Brijesh Singh, a prominent figure in the Indian Communist Party.

George Kennan, a key figure in the Cold War and a former U.S. ambassador to the Soviet Union and Yugoslavia, advised the FBI that he and Alliluyeva were concerned Soviet agents would try to contact her, a December 1967 memo reveals. The memo notes that no security arrangements were made for Peters, and no other documents in the file indicate that the KGB ever tracked her down.

THE ASSOCIATED PRESS



Josef Stalin with his daughter Svetlana Alliluyeva. ICARUS FILMS/THE ASSOCIATED PRESS

Religious celebration

At least 14 dead after stampede at Indian festival

At least 14 people were killed, including at least six children, in a stampede Monday night during a religious festival in the eastern state of Bihar, police said.

Deadly stampedes are fairly common during India's often-chaotic religious festivals.

THE ASSOCIATED PRESS

Abortion laws

Irish form panel to investigate woman's death

Ireland formed an expert panel Monday to investigate why an Indian woman died in an Irish hospital — and whether her life might have been saved had she received an abortion.

The case of Savita Halappanavar has focused worldwide attention on Ireland's two-decade failure to define when abortions can be performed legally to save the life of a woman. The 31-year-old dentist died Oct. 28. THE ASSOCIATED PRESS

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Middle-of-the-road hydro pole. How's this for a highway obstacle?

Allegations of corruption aren't the only plague upon Quebec's road construction network these days.

Officials say they are dealing with the puzzling appearance of a utility pole — smack in the middle of a provincial highway east of Montreal.

A photo of the pole, which is in the middle of Highway 251 in the Eastern Townships, appeared in local newspapers today. Locals say it's been there for two months.

The roadway had been moved to avoid a dangerous curb, but Hydro Quebec says it was only advised about the need to move its cables about three weeks ago.

But by then, the roadwork was already done.

A spokeswoman for the utility says a new pole is being installed and the electrical wires and telephone wires should be moved by the end of the week.

The provincial minister in charge of the region assured reporters at an event in Sherbrooke on Monday that proper precautions would be taken to ensure there was adequate signage in the area.

Highway 251 is a 38-kilometre stretch of provincial highway that runs north-south.

The improbable road obstacle has, fortunately, not caused any harm. Quebec provincial police say they've had no reports of accidents despite the bizarre pole placement. THE CANADIAN PRESS

A utility pole stands in the middle of a road in Johnville, Que., on Monday. THE CANADIAN PRESS

Hobbit. Producers forced animals to live in unfit conditions: Wranglers

Animal wranglers involved in the making of The Hobbit movie trilogy say the production company is responsible for the deaths of up to 27 animals, largely because they were kept at a farm filled with bluffs, sinkholes and other "death traps."

The American Humane Association, which is overseeing animal welfare on the films, says no animals were harmed during the actual filming. But it also says the wranglers' complaints highlight shortcomings in its oversight system, which monitors film sets but not the facilities where the animals are housed and trained.

A spokesman for trilogy director Peter Jackson on Monday acknowledged that horses, goats, chickens and one sheep died at the farm near Wellington where about 150 animals were housed for the movies, but he said some of the deaths were from natural causes.

The spokesman, Matt Dravitzki, agreed that the deaths of two horses were avoidable, and said the production company moved quickly to improve conditions after they died. THE ASSOCIATED PRESS

FARC

Colombian rebels hold their fire as peace talks open

The top negotiator for Colombia's main rebel group announced a unilateral ceasefire on Monday, before heading into peace talks with government counterparts in Havana, Cuba.

Ivan Marquez said the Revolutionary Armed Forces of Colombia would stop all military operations against government starting at midnight Monday and running through Jan. 20. THE ASSOCIATED PRESS

Religion

Swaziland gets first female Anglican bishop

As the Church of England weighs whether it will allow women to become bishops, the Anglican Church has ordained its first female bishop in Africa.

Ellinah Wamukoya, 61, was consecrated Saturday to serve as the church's bishop in Swaziland, a tiny, impoverished nation surrounded by South Africa that is the continent's last absolute monarchy. THE ASSOCIATED PRESS

Military lobbied for drug testing

Invasion of privacy? Internal documents show army examined dramatic increase in enhanced screening

National Defence quietly examined the idea of designating more positions within the military as "safety sensitive" in order to catch and punish soldiers for illegal drug use.

Internal documents show the Canadian Army was particularly concerned. Over a four-year period, commanders in charge of troops in Canada's central and western regions lobbied separately to draw up expanded lists of jobs that would be subject to the enhanced screening.

A spokeswoman for National Defence says the director of military career administration has not made any changes, and the drug-screening program has not been expanded but is subject to continuing review.

Concern about possible drug use among troops over the last few years extended to the top, where the chief of defence staff, now-retired general Walt Natynczyk "stated that he is receptive to requests to designate other positions or occupations as safety sensitive," said a Nov. 14, 2011, briefing note, obtained by The Canadian Press under the Access to Information Act.

The Forces considered expanding the number of jobs subject to enhanced drug screening in 2007, but was halted because it couldn't justify the invasion of privacy.

The military administers blind drug testing on a regular basis, but the system results in no disciplinary action if the results come back positive. THE CANADIAN PRESS

Quoted

"People have to know, if they're going to take the paycheque and sign on the dotted line and be trusted with these responsibilities, then this is one of the things they'll have to do."

Michael Drapeau, retired colonel and commentator on access to information

Obama pays his respects in Cambodia on diplomatic tour

U.S. President Barack Obama returns a greeting to Bun Rany, wife of Cambodian Prime Minister Hun Sen, centre, prior to a gala dinner in Phnom Penh, Cambodia, Monday. Obama is on the final leg of his three-country tour of Southeast Asia. APICHART WEERAWONG/THE ASSOCIATED PRESS

Paula Broadwell THE ASSOCIATED PRESS

Petraeus mistress 'devastated'

Paula Broadwell, whose extramarital affair with CIA chief David Petraeus led to his resignation, is telling friends she is devastated by the fallout.

A person close to Broadwell said Sunday she deeply regrets the damage that's been done to her family and everyone else's, and she is trying to repair that and move forward. The friend spoke on condition of anonymity because he was not authorized to speak publicly.

A group of friends and neighbours welcomed Broadwell, her husband, Scott, and their young sons back to their home in Charlotte, N.C., after Broadwell spent more than a week being hounded by media while staying at her brother's home in Washington.

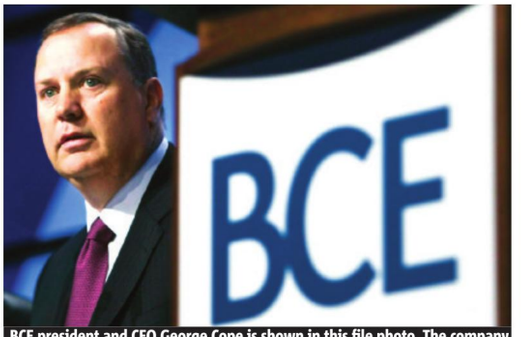
Broadwell is still being investigated by the FBI over classified documents found on her laptop and in her home, which investigators believe the author gathered while researching her biography of Petraeus in Afghanistan. Investigators say many of the documents are old and may no longer be classified despite their labels. THE ASSOCIATED PRESS

Camping for Black Friday bargains

Denise Smith-Lad, left, asks her grandson Jordan Smith, 6, what he would like to eat as they camp in front of a Best Buy store in Cockrell Hill, Texas, on Monday. Smith and her family have come early to line up all week for the shopping deals available on Black Friday, the day after U.S. Thanksgiving. LM OTERO/THE ASSOCIATED PRESS

BCE files new proposal to buy Astral Media

Telecom. After its last pitch was rejected, firm tries to address viewing shares 'from the CRTC's perspective'



BCE president and CEO George Cope is shown in this file photo. The company has put together a new proposal to buy Astral Media, after the CRTC turned down its last pitch. THE CANADIAN PRESS FILE

BCE Inc. expects that its new proposal to buy Astral Media will address the federal regulator's concern about the telecom giant dominating the television market.

Bell's chief regulatory officer Mirko Bibic wouldn't comment Monday on the possible sale of any radio or TV assets owned by Montreal's Astral to make the deal work. But Bibic said the new $3.38-billion proposal to buy Astral will address the CRTC's concern about market dominance.

"The proposal that we filed today will address the issue of viewing shares from the CRTC's perspective," Bibic said. "It's putting a package together that addresses the mechanical, numerical threshold the way the CRTC calculates it."

The CRTC killed the deal last month, saying it wasn't in the best interests of Canadians and would have resulted in an unprecedented level of concentration in the Canadian marketplace. The CRTC said if the multibillion-dollar deal had gone ahead, Bell would have controlled almost 45 per cent of the English TV viewership and almost 35 per cent of the French-language market.

THE CANADIAN PRESS

Mortgage rules hit new buyers too hard, brokers tell Ottawa

Canada's mortgage brokers say recent changes to federal rules have taken too big a bite out of an already cooling housing market and they suggest policy-makers should address the needs of their industry.

The Canadian Association of Accredited Mortgage Professionals says a survey of 2,000 consumers in October, conducted on CAAMP's behalf, suggests that first-time buyers have been hard hit by the tighter mortgage rules.

"We worry that this is having a dampening effect on what was an already cooling market and we hope policy-makers will give some thought to addressing the needs of this key sector of the market," association president and CEO Jim Murphy said in a statement.

CAAMP chief economist Will Dunning said the smaller number of first-time buyers has already affected the resale market.

Federal Finance Minister Jim Flaherty speaks in Fredericton last week. He has said that tighter mortgage rules reduce the risk of buyers taking on too much debt.
ANDREW VAUGHAN/THE CANADIAN PRESS

"The housing-resale numbers behave like a canary in the mine for us," Dunning said. "My concern is that a policy-induced housing market downturn creates unnecessary risk that directly affects not just housing, but job creation and the economy as a whole."

Finance Minister Jim Flaherty has said the new rules were intended to deal with overpriced real-estate in certain cities and certain types of housing. He has said the tighter mortgage rules reduce the risk of buyers taking on too much debt. THE CANADIAN PRESS

Impact of mortgage rules

- The semi-annual report from the Canadian Association of Accredited Mortgage Professionals found that about 17 per cent of high-ratio mortgages funded in 2010 cannot be funded today, including 11 per cent of prospective high-ratio homebuyers who can't qualify under the new 25-year amortization rule.

Market Minute

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Hostess bankruptcy

Twinkies haven't struck out just yet

Twinkies will live to see another day. Texas-based Hostess Brands Inc. and its second-largest union agreed on Monday to try to resolve their differences after a bankruptcy court judge noted that the parties hadn't gone through the critical step of private mediation. That means the firm, which cited a crippling strike in its move last week to liquidate and sell off its assets in bankruptcy court, won't go out of business just yet. THE ASSOCIATED PRESS

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VIGILANTISM AND JERK-SHAMING ON THE WEB

SHE SAYS...
Jessica Napier
metronews.ca

One of the best things about the Internet is also one of the worst: anonymity. Sadly, much of the web has become a place for inconspicuous individuals to hurl racist/homophobic/misogynistic statements into the ether without any regard for what the consequences might be once they step away from the keyboard.

But as younger generations care less and less about privacy, the barriers between real life identities and our online selves are eroding and it's becoming harder to hide behind the veil of assumed anonymity. As a result, waves of new digital vigilantes are working to expose online trolls and make them accountable for their vitriol spewing.

What not to say online

"Internet users have re-appropriated the word faggot as a casual insult and use it with thoughtless abandon."

Earlier this month, a Canadian man created a You Hate Faggots Tumblr page in response to the proliferation of homophobic language on the web. "The hatred is rampant and in most cases the people don't even know what they're doing or saying is wrong," he says. "Faggot as a pejorative has become about as common as 'your mama' jokes." Internet users have re-appropriated the word faggot as a casual insult and use it with thoughtless abandon.

The creator behind You Hate Faggots publishes ignorant tweeters' names and photos alongside his own snarky commentary to highlight the de-contextualization of the word. "By using parody to illustrate the wrongness in using the term incorrectly, I want to show that there is a relationship between faggot and gay, whether the user understands it or not," he says.

South of the border, the writers at Jezebel took web justice into their own hands by broadcasting a list of teenage Twitter users' contact information and hometowns alongside their racist rants regarding the presidential election. Taking the crusade one step further, the blog then outed the opinionated high school students to their principals and administrators.

Some criticized Jezebel's actions as a form of cyber-bullying (these were minors after all) while others praised the blog for making young people understand that online bigotry, however offhanded it might be, can have tangible repercussions.

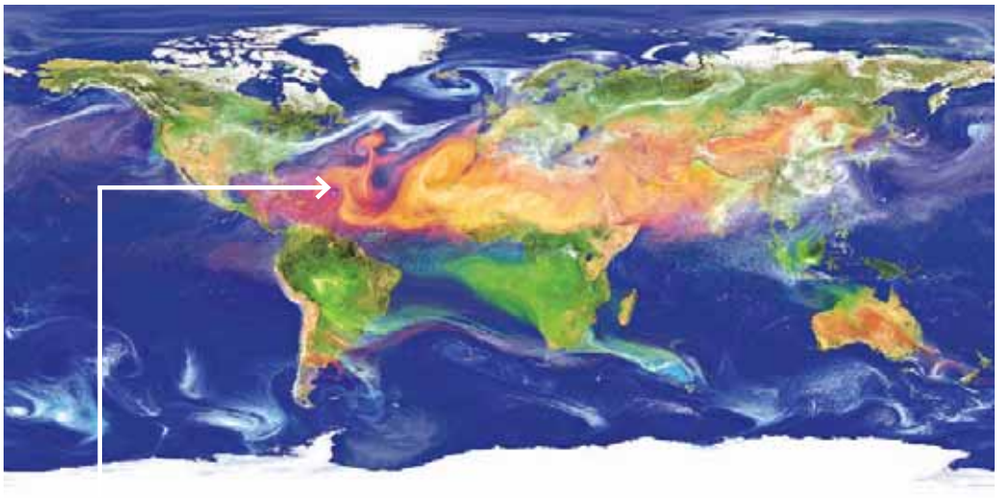
For the creator of You Hate Faggots, naming and shaming prejudiced Internet users isn't about ruining lives, but exposing the issues. "The intentions are not to troll," he says, "the objective has always been to create awareness."

Call it what you will — the naive indiscretions of youth or deep-seeded intolerance — but if you are old enough to own a cellphone and arrogant enough to share hateful opinions from an account boasting your real identity, I'm not going to feel too sorry for you if it comes back to haunt you when you start applying for colleges or begin looking for a job.

Follow Jessica Napier on Twitter @MetroSheSays

Sites such as You Hate Faggots and Jezebel publicly shame homophobes and racists. METRO

Something is in the air



WILLIAM PUTMAN/NASA/GODDARD

Earth photography

Earth's swirling gases revealed

This astonishing image from a NASA supercomputer highlights the presence of aerosols in the Earth's atmosphere.

The Goddard Earth Observing System Model version 5 (GEOS-5) can show worldwide weather at up to 3.5 kilometre resolution (pictured: 10 kilometre) as part of climate science research.

The image processing takes place in Greenbelt, Md., at the NASA Center for Climate Simulation at Goddard Space Flight Center.

METRO

Element guide

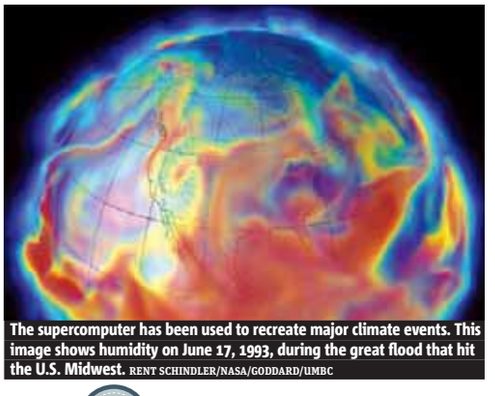
The aerosol patterns by colour:

- **Red.** Dust that has risen from the Earth's surface.
- **Blue.** Sea-salt swirls seen inside cyclones.
- **Green.** Smoke rising from fires.
- **White.** Sulphate particles from volcanoes and fossil fuel emissions.
- **Website:** For the latest on NASA's many endeavours, visit nasa.gov.

How an image is created

Facts on the supercomputer that generated the image:

- **Supercomputer's superpower.** The Discover supercomputer is located at NASA's Center for Climate Simulation. It totals nearly 15,000 processors with a peak performance of nearly 160 trillion operations per second. That's 900 times the speed of the standard Intel Core processor in your PC.
- **Time scale projections.** Discover-hosted simulations span time scales from days (weather prediction) to seasons and years (short-term climate prediction) to decades and centuries (climate change projection).
- **Weather year predicted.** NASA scientists hope the imaging techniques of the supercomputer will allow them to project weather and climatological forecasts well into the future — as far as the year 2100.

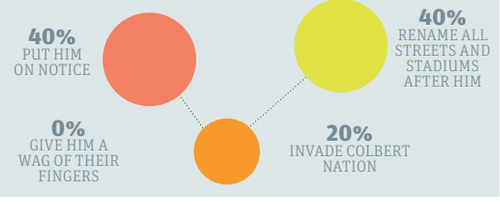


The supercomputer has been used to recreate major climate events. This image shows humidity on June 17, 1993, during the great flood that hit the U.S. Midwest. RENT SCHINDLER/NASA/GODDARD/UMBC

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How should Windsor, Ont., (and Winnipeg) respond to Stephen Colbert's "Earth's rectum" remarks?



Twitter

@ubcnews: #UBC's Doug Mitchell Thunderbird Sports Centre will host the Canada-Spain @DavisCup tie in February! http://tinyurl.com/chku37k

@BCRCMPMedia: A reminder that while the indoor service starts at 1:00 tomorrow the march and arrivals start before that.

@MayorGregor: Vancouver wins the Guangzhou Urban Innovation Prize for affordable housing + @greenestcity efforts! http://ow.ly/1PDhPZ

@katrinapacey: MT@lktrack: The resources given to the #mwci could have been used to foster community participation, reconciliation& healing @kasarigovender

@lilfashionisto: It's a wet and gloomy day out there #vancouver

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DVD review

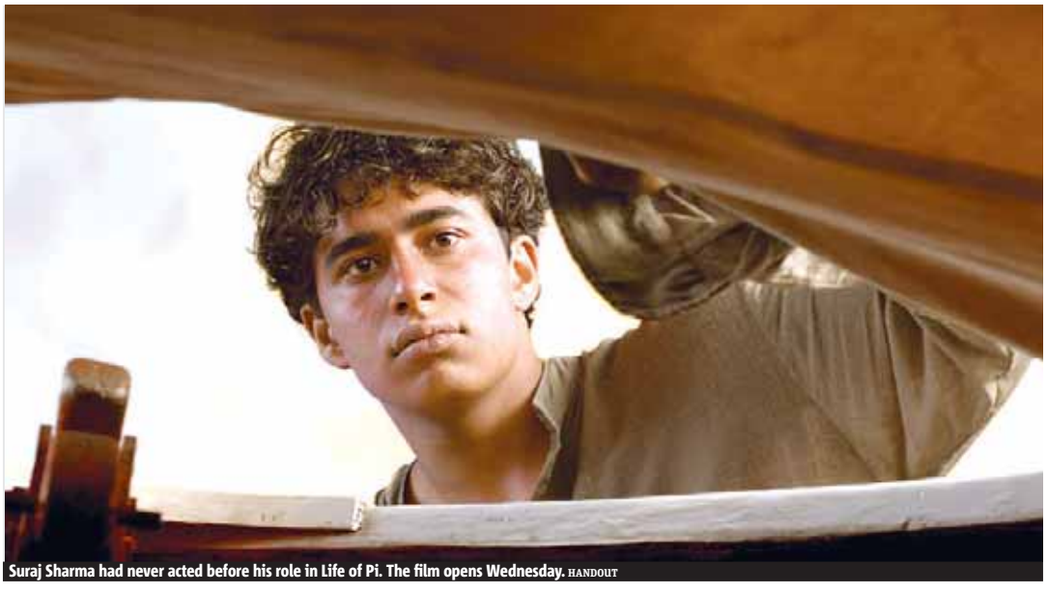
The Expendables 2

Director. Simon West

Stars. Sylvester Stallone, Liam Hemsworth, Randy Couture

Stallone's Expendables have all reached the age where they're as likely to reach for the Botox as for the testosterone supplements, and they're not trying very hard to hide it. Especially since the success of their first film proved the enduring popularity of action heroes in their 50s and 60s, all the more so when you cram so much muscle into a single movie. The pumped-up pack has a couple of noteworthy additions (Jean-Claude Van Damme and Chuck Norris) and subtractions (Mickey Rourke and Steve Austin), plus enlarged cameos (Arnold Schwarzenegger and Bruce Willis) and returning mainstays (Stallone, Jason Statham, Dolph Lundgren, Jet Li, Terry Crews and Randy Couture). There's also the obligatory tough girl, the code-breaking and neck-snapping hottie Maggie (Yu Nan). The plot can be summed up in Barney's answer to his slicing sidekick Lee Christmas (Statham), when he's asked, "What's the plan?" Barney snarls: "Track 'em. Find 'em. Kill 'em." At no point does anybody take any of this seriously, even when the inevitable showdown occurs between Stallone and Van Damme.

PETER HOWELL



Suraj Sharma had never acted before his role in Life of Pi. The film opens Wednesday. HANDOUT

Life of why: Actor sets sights on philosophy

From student to star. Ang Lee isn't just a director, he's a guru. Pi lead Suraj Sharma talks about how Lee changed his life

HEIDI PATALANO
Metro World News in New York

Suraj Sharma is pretty much your average student. He's polite, well-spoken and majoring in philosophy this year. He also just starred in the new epic 3D film by Ang Lee and counts the venerated director as a close friend and teacher. Sharma had never acted before he took on the title role in Life of Pi — he was selected out of thousands of non-professional actors auditioning for the part. Playing a young man adrift at sea, Sharma lost weight, gained weight, befriended a tiger named Richard Parker and learned to fish.

Along the way, he tells us, the film changed him into the man he is today.

What path were you on before this movie happened and where do you see things going now?
Before the movie I didn't really know what to do. I was in school and I was, I would say, lost … Luckily enough (director Ang Lee) picked me up, and took me to Taiwan. Over there, I changed as a person. I realized more about myself, more about everything. Working with Ang changes you, I guess. Before Pi I was really a bad student. I didn't do very well in school at all, ever, and I came back and I changed in a million ways. … I did surprisingly well in school. I didn't even know how. Suddenly I was getting like 94 per cent and stuff like that and ... now in college I'm doing philosophy, so things really changed.

Did the movie inspire you to choose philosophy?
Oh yeah. I think Ang and Pi got to me. Lying on that board and talking to Ang, you kind of start thinking on those lines, you start thinking about things, because Pi himself is this kid who asks questions like, 'What is life?' He is into philosophy of his own kind and Ang himself has a really complex philosophy, which comes through when you talk to him. ... Eventually I want to be a filmmaker, so I guess philosophy will help me in that way.

Some actors in your position might say, "Forget school and do acting full-time."
I don't know about the acting. I don't know whether I want to act professionally much. It's daunting. It's scary and it's different. I want to be a filmmaker. I want to tell stories. … I love acting now and the life (of an actor) is hard and it's different. I don't know if I'm equipped for it, but I'd like being on set. I think that's the most inspiring part of movies — just being on set. The intensity with which everybody works, 300 people just working, working, working for something maybe even three seconds long. (There are) different skills, different ideas, different backgrounds, everything just comes together and you make something and you make someone's imagination come to life.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Rihanna reveals nothing, journo streaker reveals all

Rihanna's 777 tour — in which she's travelling to seven cities in seven days, with a plane full of fans and journalists — reached London Monday morning, the second to last stop. But there was no sign of the superstar on the plane from Berlin. "Just one quote," chanted desperate reporters, begging Rihanna to appear.

Then things got a little Lord of the Flies. Australian Tim Dormer, a radio presenter at Nova in Sydney, decided if he wasn't going to get a story, he'd become one: After 3 a.m., he suddenly burst from the toilet — completely naked. With his long curls bouncing, he made a quick tour of economy class wearing nothing but his birthday suit. The audience cheered.

Since Rihanna wasn't around to talk to anyone, we asked the streaker:

What were you thinking?
I was bored. It was three in the morning and we were on a plane and we've been on a plane for the past five days. I thought it would be fun. And it wasn't an easy task either; I had to dive over people.

Did you plan the whole thing?
No, I was just in the bathroom and thought it would be a fun thing.

How many will see this on YouTube, do you think?
Five maybe? My mom, my dad, my gran, my boss and hopefully Rihanna.

Did you run all the way up to her?
No, I didn't get that far.

How do you find the trip so far?
I'm having the time of my life. I saw her the first day and I see her on stage every night.

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19+

Second Snow White, sans Sanders

Kristen Stewart

ALL PHOTOS GETTY IMAGES

Kristen Stewart has reportedly signed on to star in the sequel to Snow White and the Huntsman — though the second film in the franchise won't be directed by Rupert Sanders, with whom Stewart infamously had an affair this summer, according to Radar Online. "The script has already been written and production will begin late next year," a source close to the production says. "However, Rupert Sanders definitely won't be a part of the project. Rupert didn't want to be a part of it to begin with because he is desperately still trying to save his marriage. The search is on for a new director."

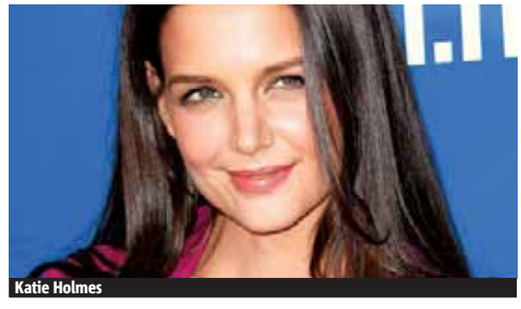
Bieber addresses 'haters' with mom at side

Justin Bieber may be newly single, but that didn't mean he had to attend the American Music Awards solo. Instead, the 18-year-old Canadian pop star showed up with his mom, 38-year-old Pattie Mallette. While he made no mention of his split from Selena Gomez, Bieber did address his critics after winning his first award of the night, for favourite pop/rock male artist. "I want to say this is for all the haters who thought I was just here for one of two years," Bieber said from the stage. "I feel like I'm going to be here for a very long time."

Kate Middleton and Prince William

Is a royal bundle of joy on the way?

A close friend of Prince William and Kate Middleton insists the royal couple is set to announce something big next month, prompting speculation that a baby is on the way. "They're planning to make an announcement in December," Jessica Hay, a former schoolmate of Middleton's and a guest at their wedding, tells New Idea magazine, adding that the Duchess of Cambridge has gained a bit of weight recently and that "William and Kate are focused on starting a family." How focused, exactly? They've apparently already discussed the number of children they want to have — two — and that they'd prefer a son and then a daughter. "It seems very traditional but of course they'll be happy with two boys or two girls. They don't want more," Hay says. "They've discussed it endlessly and don't want to be older parents."



Katie Holmes

One Katie in the kitchen spoils the broth

As an actress and a newly single mom, Katie Holmes has a number of talents, but apparently cooking isn't one of them. "Me in the kitchen is a comedy, but it's heartbreaking for me going through it," she tells Vogue. "But for others, they probably think it's really funny, because all the pans are out and I get frustrated, and suddenly it's burning." We'll assume someone else is handling the holiday meals for Holmes this year.

Twitter

@ricky_martin
You want real advice, straight with no chasers and not sugar coated? Call a #Capricorn.

@chriscolfer
For the record, we're filming at a fancy engineering college and I hacked into the lecture hall computer to play honey badger on the screen.

@NiallOfficial
Good morning everyone! Was an early start today ! Tired

@samantharonson
"Work is the curse of the drinking class."
Oscar Wilde

Jamie Oliver's 15-minute meals

Healthy eating. Forget the microwave and take-out, the celebrity chef talks about how to make a fantastic meal in record time

ROMINA McGUINNESS
wellness@metronews.ca

Celebrity chef Jamie Oliver has released a new book to help you in the kitchen. HANDOUT

You keep reducing the time of your recipe books. Why?
People are so time poor. But I promise I won't be doing time again.

But why 15 minutes? Why not 10?
If you want a proper meal fast, 15 minutes is the minimum you can do. It's the hardest book I've ever written because I wanted it to be an everyday cookbook that was healthy, nutritious and fast.

Some of the recipes are a bit fancy. I can't picture students cooking griddled tuna. Who is the book aimed at?
Everyone. From a culinary point of view, the world is a much smaller place. People are much more travelled and more read than they were 15 years ago and the stuff available in supermarkets is more robust. And they still want it fast.

Microwave meals are a pretty quick solution too...
Microwave food has became synonymous with shit food. But there's also a lot of high quality stuff. It's just never going to be amazing.

I tried one of your recipes the other night. The ricotta fritters. I'm a disaster in the kitchen. It ended up looking like a cheese omelette. But it tasted good.
You ended up with an omelette when you were supposed to do fritters. What the hell did you do?

I tried to flip them over... and made a mess.
The fritters take about one minute to make and six minutes to cook. I don't know what went wrong … do what the recipes says and it will work. I wish I could have seen it. I'd put money on the fact you used the wrong sized pan and put them too close together.

What are the biggest mistakes people make in the kitchen?
You don't need 100 knives, just three of the right ones — a chopper, paring and a bread knife. The book isn't trying to be your best friend. It's like, "You want tasty fast food? Here's the f–king rules. Do what you're told."

After a long and exhausting day at work, do you sometimes think, "F--k this, I'm going to McDonald's."
I don't normally get caught out. Although I'm famous for hating junk food, I'm not anti any kind of food. I've got nothing against a hot dog, a burger or a pizza. It's more about real food. I do the most amazing free-range pig hot dogs with slaw, home made ketchup and buns that's bloody delicious. But if ever you're in London and want a kebab, there's a place called Kebab Kid on New Kings Road that's delicious.

Would you ever eat at McDonald's?
I haven't eaten a McDonald's in 10 years.
What did you eat?
A Big Mac.

If I offered you a Big Mac right now, would you eat it?
I would. McDonald's are probably the best big fast food operator in Britain. They've done a lot of good work on their beef, their 100 per cent organic milk and free-range eggs. You can't just beat people up all the time and not pat them on the back for the good stuff they've done.

Yours in just 15 minutes. HANDOUT

You have one minute to make a meal; what do you do?
Grab a bit of bread and some lovely ham or cheese.

Five minutes?
Some fettuccine. Use boiling water and it cooks in three minutes. Then add a few simple ingredients to that.

But your next book won't be about time.
Time is a small element of many different emotions to cooking. You can do five minutes work and something can cook for four hours.

So what's next?
100 per cent vegetarian — making massive heroes out of the things that we don't eat enough of. The craft of making vegetables utterly delicious is one that's just not known about enough. At least 65 per cent of my recipes are meat-free, the index is covered in V's, but the feedback I get from vegetarians is, "Yeah, cool, but we'd like our own book please." I've ignored it for years.

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Man up and talk about health issues

Movember. Medical expert tells Metro why it's important men get up close and personal with their testicles to avoid cancer

RICHARD PECKETT
Metro World News

Balls, bollocks, nads, testicles... we spend enough time using them as a figure of fun (in both senses), yet we chaps are reluctant to talk about our reproductive organs in any serious capacity, especially when there's a problem.

Talking about it makes men feel emasculated, a pubic hair's width away from confessing to being a Eunuch, even.

Well, that mentality is slowly changing, thanks to education, advertising and, of course, the annual Movember moustache grow-off, which raises awareness globally of both testicular and prostate cancer.

Dr. Sneh Khemka (BUPA medical director), fondly known as Dr. Movember, is getting men to talk bollocks. Here he explains the symptoms, treatments and myths relating to men's cancer.

We're all in this together so talk about the issues affecting men. MOVEMBER

What you need to know

Here are some of the things you need to know.

- **Common misconceptions.** People believe that they will have problems when urinating or having sex. It's one of the few cancers that affects younger men. If you have one testicle, you can have children — you're just as able as men with two balls.
- **People believe it's incurable.** You get it from cycling or motorcycling, especially since Lance Armstrong had it. There's no evidence for this.
- **If it goes untreated.** It'll spread around the body, especially to the bones, local organs and liver. It's a fairly aggressive cancer.

Who's at risk?
"It mostly affects men between 20 to 30, but can (affect) those up to age 45. It's very rare for men over 50. Caucasian males are more likely to suffer, but other factors include family history, fertility issues and people who have had a complication related to mumps called orchitis."

The symptoms?
"Often, it's asymptomatic, but you may experience the following: A collection of fluid in your scrotum that causes swelling (a lump), anal discomfort (this can spread to the groin or lower abdomen) and you may get a pulling sensation like you've been kicked."

The treatment?
"The most common treatment is surgical removal of the affected testicle. About 20 per cent of (UK) men who have surgery will opt for a prosthetic testicle for cosmetic appearance."

Will the cancer spread or return?
"If the cancer has spread, you may require adjunctive radiotherapy or chemotherapy depending on whether it has affected the lymph glands. However, generally, when the affected testicle has been removed, it is unlikely to return in the other testicle."

Are there any options aside from surgery?
"It's very rare to catch it early enough to avoid surgery. If the cancer is just being treated with chemotherapy or radiotherapy, then it does have a higher rate of return, which is why they usually just remove the testicle."

Getting the skinny on Quebec

CELIA MILNE
wellness@metronews.ca

Desserts aren't the enemy. Deprivation is.

A new survey of eating patterns has found an interesting paradox: Even though Quebec is the thinnest province, Quebecers eat dessert more often than other Canadians. They make a point of enjoying their food.

"I think this speaks to the importance of eating regularly, and avoiding skipping meals," says Joel Gregoire, a food service industry analyst at the NPD Group, which conducted the study.

Eating dessert with dinner is most common in French Canada, occurring after 112 meals annually per person, versus 89 in Atlantic Canada, 57 in Ontario and 55 on the west coast. Yet in Quebec, 56 per cent of adults are overweight or obese, compared to a much higher 71 per cent in Newfoundland and Labrador and 68 per cent in Saskatchewan. Alberta, B.C., Nova Scotia and Ontario score in the middle (61 per cent, 60 per cent, 60 per cent and 59 per cent respectively).

To maintain a proper weight, Dietitians of Canada recommends following Canada's Food Guide and limiting foods that are high in calories, fat, sugar and salt.

"Maintaining one's weight is not necessarily a function of deprivation, but rather of eating well and consistently," says Gregoire.

"Quebec consumers also tell us that when they make lunch and supper, they are more likely to prepare their meals from scratch when compared with other regions."

Perhaps the rest of Canada can learn from Mirieille Guiliano, the author of The French Women Don't Get Fat Cookbook.

"I have measured out my life with chocolate mousse, apricot tart … tiramisu, crème brûlée, éclair, blueberry tart … No regrets. My weight is still normal," Guiliano said.

Don't fear the dessert. ISTOCK PHOTOS

Do you have Knee Joint Osteoarthritis?

If so, you can take part in a research project conducted at The University of British Columbia, Department of Physical Therapy. You may receive exercise treatment to evaluate changes in knee joint loading during walking.

To take part you must:

- have osteoarthritis in at least one knee
- be aged 50 years or over
- have had knee pain on most days in the past month
- have knee pain that is worst on the inside part of the knee
- not be currently enrolled in a structured exercise program
- not have any hip or back problems
- not have had a hip or knee joint replacement

If interested, please contact Judit at 604-822-7948 for further details

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Best Health

Have your kids involved in their food

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In every issue of Best Health magazine, we offer ideas for eating well and being your best. One of our regular columnists, registered dietitian Sue Mah, writes in our November issue about six ways you can get kids hooked on good food. Here are three.

Shop together.
The grocery store or farmers' market are great classrooms to teach toddlers and young children the colours and names of different fruit and vegetables. As they get older, ask them to help you pick out fresh apples or mushrooms for the shopping cart.

Give them a challenge.
At home, encourage tweens and teens to read the ingredients list on packaged foods and the nutrition label. Show them how to compare food products to pick the healthiest ones — by comparing sugar content, for example.

Help kids make informed decisions. ISTOCK PHOTOS

Play the what's missing game.
Young kids love this game. Talk about the four food groups in Canada's Food Guide, and then as you're making lunch or dinner, purposely leave out one of the four food groups. Ask your child to figure out which one is missing.

For three more ways to raise healthy eaters, pick up the November issue of Best Health, on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

Use your imagination to personalize Pita Chips

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Store-bought pita chips are deep fried, which increases their calories and fat content.

The spices in this recipe add flavour instead of oil. Feel free to substitute spices of your choice. Try a variety of different coloured and flavoured tortillas. The whole wheat version has more fibre and nutrients.

1. Preheat the oven to 350 F.

Ingredients

Perp time: 5 minutes
Bake time: 12 minutes

- 3 large flour tortillas
- 3 tbsp finely grated Parmesan cheese
- pinch of salt and pepper
- pinch of paprika
- pinch of garlic powder
- pinch of onion powder

Nutritional analysis

Per serving (about 6 chips)

- **191 calories; 6.5 g protein; 28 g carbohydrates; 2.5 g fibre; 5.6 g total fat; 1.9 g saturated fat; 4 mg cholesterol; 419 mg sodium**

Line a large baking sheet (or 2 medium baking sheets) with foil.

2. Slice each tortilla into 8 wedges. Arrange the wedges on the baking sheet, not overlapping. Lightly coat with cooking spray.

3. Combine the Parmesan, salt, pepper, paprika and garlic and onion powders in a small bowl. Sprinkle the seasoning evenly over the tortillas and bake for 12 minutes, or just until lightly browned.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

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Theresa Albert, DHN, RNCP
myfriendinfood.com

Did someone just sneeze on you? Quick! Wash your hands and grab one of these immune foods. Nothing boosts your immune system like a healthy diet that avoids excess sugar, alcohol, bad fats and depleted white wheat, so start there first. Beyond that, there are nutrients that your body uses as tools to be sure it can fight off whatever comes flying at you this cold and flu season.

1. Probiotics

There is growing evidence that probiotics contribute to immunity in a variety of ways. Try new IOGO brand Probio Yogurt for a lactose-free version that is very tasty

2. Catechins

Green tea boasts one of the best anti-bacterial properties under study. Shoot for a couple cups daily.

3. Vitamin D

Canadians won't get strong enough sunshine from now to about April. There's a good dose in caviar; try the Greek dip called taramasalata that uses fish roe to make a yummy dip for your (whole grain) pita.

4. Vitamin E

A potent antioxidant that is best taken from food. Sunflower and pumpkin seeds are good sources.

5. Vitamin C

Still your best go to source for overall immunity. Get as much as you can from fresh fruits, kiwi is particularly high.

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

How to avoid an office dating disaster

Delicate matter. Try to foresee the fallout and do the relevant research prior to announcing any new work relationship

JULIA WEST
Metro World News in Philadelphia

Though the latest news scandal involves high-ranking officials, keep in mind that the broad strokes of the Gen. Petraeus affair are not unlike typical office flings.

Even if your transgressions won't make headlines, romance at work can be a dicey move if not properly handled.

Learn to manage this delicate situation — because even if you can't resist taking your chances with the cutie in accounting, you can minimize the fallout.

Before announcing your new boyfriend or girlfriend, research your company's policy on the matter. "Don't date anyone at work if your employment contract forbids it. Your job will clearly be on the line with such a violation," says author Wendy Walsh, a contributor to Datingadvice.com.

If you do move forward, think about what the end of the relationship might be like. Nancy A. Shenker, co-author of Don't Hook Up With the Dude in the Next Cube, says, "Think about what would actually happen after a breakup. It's hard enough seeing an ex on Facebook — how will it feel to see him or her in person every day?"

Quoted

"Don't date anyone at work if your employment contract forbids it. Your job will clearly be on the line with such a violation"
Author Wendy Walsh.

Also, if you do go ahead and date the person the quickest way to turn all of your coworkers against you is to provide special treatment to your significant other so try and avoid this.

If you're an employer who notices an office affair, know how to approach it.

"Have a policy," suggests Todd Ewan, a partner at Fisher & Phillips law firm, which represents management in workplace disputes. "The employer will need to determine what it is willing to tolerate and not willing to tolerate. As a base point, most employers do not want to let a relationship exist between two employees if one of the employees has direct managerial responsibility for the other."

Make sure he or she is worth it and try to have some foresight before you launch into that office romance. ISTOCK

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Employers probably still want you to be clean and reasonably well-groomed.
ISTOCK IMAGES

Branding yourself: What do employers really want?

Alison on Money.
What are companies looking for when they're searching out the best and brightest young workers?

YOUR MONEY
Alison Griffiths
money@metronews.ca

Last week, I read a fascinating article about big corporations such as Telus and SNC Lavalin moving all or part of their head offices to downtown Toronto in order to attract the best and the brightest to their company.

However, it is considerably more expensive than locating in the suburbs.

So what is the reason for this trend? The answer is all about demographic culture.

Youth today is different than it was a generation or two ago, just as employment is different.

Many of our parents worked at the same job their entire lives. This isn't likely to be very common in the future.

Increasingly, under-40 employees don't want to spend their lives commuting and they desire a vibrant, downtown lifestyle. They're also the first generation since Henry Ford that isn't wedded to the automobile.

These changes got me thinking about what companies are looking for when they're searching out the best and brightest, because it has a big impact on how younger workers should present and educate themselves over the course of their careers.

Here's a peek at the corporate wish list.

1. Traditional virtues still hold
Your style may be to look like a tattooed, studded wolverine, but employers still want you to be a clean and reasonably well-groomed tattooed, studded wolverine.

Also promptness, politeness, the ability to converse and demonstrate a modicum of organizational skills are still important qualities.

2. Technology
You don't need to be a computer expert unless you intend to run the IT department, but you do need to be competent enough to make connections between the newest technology and your company.

3. Networking
Companies increasingly value the networks that employees bring with them.

Networks add tangible value by giving the company access to resources, people and ideas.

4. Language
By 2031 Statistics Canada projects that over a quarter of Canadians will be foreign born with visible minorities comprising 63 per cent in Toronto, 59 in Vancouver and 31 per cent in Montreal.

Knowledge of other languages and cultures is highly desirable.

Knowing what companies want and educating yourself accordingly raises the odds of being considered among the best and the brightest in the coming downtown corporate culture.

In numbers

47%

The number of second generation Canadians who will belong to a visible minority by 2031.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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How to save thousands on your 2012 taxes

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Early in November, H&R Block released the results of a survey that revealed that less than one-third of Canadians plan to take actions toward reducing their 2012 taxes by year-end.

You can save thousands of dollars on your 2012 taxes by planning ahead. Boost your tax savings with these tips.

Contribute to your RRSP by March 1, 2013 and receive a powerful tax credit.
You can contribute up to 18 per cent of your income, to a maximum of $22,970. Besides the tax credit, when your funds are invested wisely, you can benefit from appreciation, dividends, interest and distributions.

Give
Make a charitable donation before Dec. 31.

A donation over $200 in 2012 is worth a 29 per cent federal credit instead of a 15 per cent credit for donations under $200.

You can also donate publicly-listed securities to registered charities or private foundations without being subject to capital gain taxes and still receive a tax receipt for your donation. Pay medical expenses by Dec. 31 to maximize your 2012 medical expense claim.

Review your stock portfolio
Review your portfolio before year-end to determine if you can find a tax advantage in taking a loss or cashing in a gain.

Dec. 23 is the deadline for making a trade if you want it recorded on your 2012 tax return.

Plan a wise move
If you're going to move to a new province, check the provincial tax rates before deciding the moving day.

You are subject to provincial tax in the province where you reside on Dec. 31. So if there is a substantial difference in the tax rates, you may want to either speed up or defer the move.

Make Registered Education Savings Plan (RESP) contributions before Dec. 31
Parents can take advantage of the Canada Education Savings Grant by contributing to a child's RESP. The lifetime RESP contribution limit is $50,000, with no annual contribution limit. The maximum annual RESP contribution that qualifies for the CESG is $2,500, providing a grant of $500 annually.

Taxable income
If you've received a lump sum pay from an employer, cashed in an RRSP, sold an investment property, or collected employment insurance, there are tax implications. Prepare a calculation of your taxable income. There may be strategies to reduce your tax bill by Dec. 31.

Get organized
Grab a file folder to keep your receipts for all tax-related expenses.

Always consult a tax professional when reviewing your taxes to ensure you're benefiting from all tax saving opportunities.

Follow Lesley on Twitter @LesleyScorgie

Jhoana Tamayo displays some of her work. She was recently named the winner of the Applied Arts Creative Excellence student awards competition for her entry Painted Lady. CONTRIBUTED

Langara grad's work graces magazine cover

DANIEL HENDRIKSEN
For Metro

The cover of the November/December issue of Applied Arts magazine features the work of a Langara College professional photo-imaging program graduate. Jhoana Tamayo was recently named the winner of the publication's annual Applied Arts Creative Excellence student awards competition for her entry Painted Lady.

"I'm very honoured to have my piece selected as the cover of the student awards issue," Tamayo said in a press release.

"This achievement motivates me to take my photography a step further, but I couldn't have done it without the help and support from my family, instructors, and friends."

Tamayo came to Vancouver and Langara from the Philippines, where she attended De La Salle University in Manila and studied communication technology management. It was there that she developed a love for photography and after completing her degree she moved to Vancouver.

Tamayo now works as a studio photographer and is in the works of launching a photography and graphic design studio with two friends, called Lumiere Studio Inc.

To learn more about Tamayo and to see more of her work, check out her website at jhoanatamayo.com.

SFU Beedie students raise money for United Way

Throughout the month of November students from Simon Fraser University (SFU) are doing their part to raise money for the United Way.

The fundraising started Nov. 6 when first-year students from SFU's Beedie School of Business put their skills on display at the Market on the Mezz at SFU's Surrey campus. The students from the Beedie School's BusOne program sold products and services including Japanese-style hand-warmers, SFU-branded T-shirts, and a wide variety of baked goods, as well as novelty photo booths, games and raffles.

Casey Dorin, executive director, undergraduate programs at SFU, spoke about the event, which is now in its third year.

"The Market on the Mezz is a fantastic opportunity for our first-year students to practise the business skills they have gained so far while raising money for a worthwhile cause," Dorin said in a media release.

Next up in the fundraising efforts will be the annual bake sale on Nov. 21, followed by a crafters' market featuring community artists' Christmas crafts on Nov. 29.

UBC/CFRI initiative receives $17 million

A joint project between the University of British Columbia (UBC) and the Child & Family Research Institute (CFRI) to help save pregnant women at risk recently received an additional $17 million from the Bill & Melinda Gates Foundation.

The initiative focuses on treating women at risk of succumbing to pre-eclampsia — the often fatal onset of high blood pressure during pregnancy. The funds are the second instalment from the Gates Foundation after an initial endowment of $7 million.

Thanks to the second grant, the team, led by Dr. Peter von Dadelszen, a professor of obstetrics and gynaecology at UBC, can now conduct much larger trials in Nigeria, Mozambique, Pakistan and India involving 130,000 expectant mothers.

"Pre-eclampsia should be as survivable in Nigeria as it is in Canada, but the difference in outcomes is stark," Dr. von Dadelszen said in a media release.

"Too many women enter hospitals in Asia and Africa already too sick to save, or having suffered strokes, or having lost their baby. We want to see if we can remedy this inequity through a combination of training, community education and a dose of technology."

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Researchers honoured

BCIT. Medical device created that will improve the lives of young children undergoing treatment

DANIEL HENDRIKSEN
For Metro

Two BCIT researchers were recently honoured for their creation of the Hug Medical Tubing Manager. SCOTT MCALPINE/BCIT PHOTO

Two British Columbia Institute of Technology researchers were recently honoured for their creation of a medical device designed to improve the lives of young children undergoing treatment.

Thom Bellaire and Theresia Fladl's apparatus is called the Hug Medical Tubing Manager. It is a lightweight, wearable device for babies and small children that manages intravenous lines and other medical tubing. The Hug Medical Tubing manager is a safer and more comfortable alternative to traditional medical tubing.

"The device meets the objective of reducing strangulation risk, but significantly, it also increases patient comfort, saves nurses time when they are arranging the lines, and decreases stress in parents because they are more comfortable picking up their child," Bellaire said in a media release.

It's those contributing factors that won the device a red dot award for design concept in the life sciences category.

"The red dot award is meaningful in that it provides validation from the design world," Bellaire said. "The device's potential was already recognized in the health industry, but now it's being recognized by the design industry, too. And the fact that it's a global competition means winning this award will help advertise the device internationally."

Kwantlen hosts NEVR conference

Approximately 200 people attended the first ever Network to Eliminate Violence in Relationships (NEVR) conference/community forum at Kwantlen Polytechnic University (KPU) earlier this month.

Some of those in attendance at the event, entitled Tipping the Scales of Justice: Supporting Women, Children, and Families, were representatives from government ministries, the justice and health systems, offender services and victim service providers, and Deputy Minister of Justice Lynda Cavanaugh.

"The conference provided a unique opportunity for the community to dialogue about how the criminal justice system can better support women and children fleeing domestic violence," Sonya Boyce, executive director, Surrey Women's Centre, said in a press release. "By tipping the scales of justice in support of women and children, we not only increase safety, we save lives."

NEVR, a community action group formed in 2011, conducts research on what community members think can be done to improve the system in dealing with domestic violence. They believe the successful conference held at KPU was an important first step towards creating a Domestic Violence Plan.

To learn more, visit kwantlen.ca/nevr.html.

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Gaming. VFS hosting seventh annual expo

ISTOCKPHOTO/THINKSTOCK

Vancouver Film School (VFS) recently announced it will be hosting the seventh annual Game Design Expo. Tickets for the event, which takes place Jan. 19-20, went on sale Nov. 7.

The expo will begin with Industry Speaker Day and will feature seven presenters from Canada and the U.S., including the masterminds behind two of the most popular franchises in the gaming world today. Headlining the event will be Chris Haluke, lead designer at 343 Industries, the Microsoft studio behind Halo 4.

Ubisoft Montreal designer Patrick Plourde will also be on hand. Plourde's resumé includes contributions to several acclaimed games in the blockbuster Assassin's Creed franchise.

"Every year I am excited to see this event come together with lineups that have been able to inspire the game designer in everyone," Dave Warfield, head of game design at VFS, said in a press release.

"This year is no exception."

Following Industry Speaker Day will be a free open house where aspiring game designers will find game design classes, presentations from award-winning alumni, and the chance to play student games in a special arcade at the VFS Game Design campus.

For tickets and more information on the Expo, visit gamedesignexpo.com.

DANIEL HENDRIKSEN

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Maurice Bedard, Kwantlen Polytechnic University maintenance co-ordinator, and Karen Hearn, executive director, facilities services at KPU, with the BC Hydro 2012 Power Smart Excellence Award. CONTRIBUTED

Kwantlen receives BC Hydro award

DANIEL HENDRIKSEN
For Metro

Kwantlen Polytechnic University (KPU) was recently recognized by BC Hydro with a 2012 Power Smart Excellence Award.

BC Hydro annually recognizes business customers and retail/industry partners that demonstrate a best-in-class approach to energy management and conservation, and this is the fifth time KPU has received the award.

Karen Hearn, executive director, facilities services at KPU, spoke about the award in a media release.

"Kwantlen's significant leadership in energy conservation is achieved through our great partnerships with BC Hydro, the province of British Columbia, many service providers, and our campus community," Hearn said.

"We are privileged that our leaders have invested in projects that create energy efficiency, and in result, allow Kwantlen to use approximately 50 per cent less energy than other universities across North America."

KPU's detailed energy reporting system is one of the most comprehensive in the education sector. The school's total amount of avoided energy use for the last decade is enough to power 2,079 homes for one year.

For more information, visit kwantlen.ca/sustainability.

SFU professor appointed Canada Research Chair

An associate professor with the Beedie School of Business (BSB) at Simon Fraser University (SFU) has been appointed as Canada Research Chair in global workforce management.

Mila Lazarova, who teaches international business, has been with BSB since 2002 and is also the director of SFU's Centre for Global Workforce Strategy. In her role as a Canada Research Chair, she will promote scholarship excellence, the creation of world-class centres of research, and the enhancement of Canada's competitiveness in the global economy.

Chad Gaffield, president of the social sciences and Humanities Research Council of Canada and chair of the Canada Research Chairs steering committee, spoke about the role of chair holders in a press release.

"With this federal funding, chair holders will improve our depth of knowledge and quality of life, strengthen Canada's international competitiveness and train the next generation of highly skilled people," Gaffield said.

Lazarova's research focuses on expatriate management, global and boundary-less careers, international mobility practices, and comparative human resource management. According to BSB dean Daniel Shapiro, Lazarova is more than deserving of her new role.

"Mila is a scholar of international reputation and this award is a well-deserved recognition of her excellence," Shapiro said.

METRO CUSTOM PUBLISHING BRIGHTON COLLEGE

PREPARE YOURSELF FOR A CAREER IN HEALTH CARE

BRIGHTON COLLEGE OFFERS RCA AND HCA PROGRAMS

BRIGHTON COLLEGE PHOTO

British Columbia's population is growing — and growing older. Employment levels in B.C.'s health-care sector have increased 28 per cent since 1997, keeping demand for new health-care professionals high. To meet this demand, Brighton College offers resident care attendant (RCA) and health care assistant (HCA) diploma programs.

Both programs prepare you for a career working in hospitals, residential facilities, foster care facilities, group homes, or long-term care facilities. The five-week RCA program is full time, delivered in-class. The HCA program is accelerated, combining classroom and online delivery methods.

Most of these health-care jobs start at wage rates of $19 to $23 per hour, escalating with experience. Employment opportunities are encouraging, too: Ninety per cent of Brighton College's most recent graduating class have found jobs in their field. Harjit Sidhu is one of them.

"I completed my nursing degree in India before coming to Canada two years ago," she says.

"I found several jobs here, but not the one I was looking for in health care. So I decided to take the RCA diploma program at Brighton College."

Sidhu has fond memories of Brighton. "It was a friendly environment," she says. "The small class sizes gave me more opportunities to interact with teachers and other students. And only a few weeks after I graduated, I got a job offer from Dufferin Care Centre.

"I recommend this program to any student interested in health care."

The RCA and HCA programs are offered at each of Brighton College's campuses, including its newest campus in Surrey Central. To learn more, visit brightoncollege.com.

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Famed photographer Steve McCurry speaks at Langara College's photography masters series. CONTRIBUTED

Langara. Photographer drops by masters series

DANIEL HENDRIKSEN
For Metro

A very special guest visited Langara College on Nov. 8 as part of the school's photography masters series. Steve McCurry, the man behind the iconic National Geographic Afghan Girl image, spoke to an audience and even signed copies of the renowned photo.

Afghan Girl was the cover image of the June 1985 issue of National Geographic and has been called the most recognized photograph in the history of the magazine.

Known for more than just one photo, McCurry has had his work published in magazines and newspapers worldwide. He has also won some prestigious awards, including the Robert Capa gold medal and a record four first-place prizes from the World Press photo contest.

The photojournalist spoke about what he focuses on when out in the field capturing images.

"What is important to my work is the individual picture," McCurry said in a media release. "I photograph stories on assignment and, of course, they have to be put together coherently. But what matters most is that each picture stands on its own, with its own place and feeling."

In addition to McCurry, Langara's photography masters series has included the likes of Greg Girard, Phil Borges, John Paul Caponigro, and Stephen Bulger.

Kwantlen launches adult literacy programs

Along with community service agencies, Kwantlen Polytechnic University (KPU) is working to expand a Langley-based adult literacy program to two additional locations in Richmond and Surrey.

The existing one-on-one program in Langley, called COOL and run by the Langley Literacy Network, will be expanded to serve a broader client base. Volunteer tutors will also receive extended training and support. For more information, contact Christine Spinder at 604-809-5391 or christines@aldergrovens.com.

The program in Richmond will be called Learning Together, and will see tutors from KPU's The Learning Centre collaborate with the Richmond Public Library and Literacy Richmond to extend two highly successful programs into regular weekly programming.

To learn more, contact Lee Anne Smith at 604-231-6417 or leeanne.smith@yourlibrary.ca.

In Surrey, the Learn with a Friend program will see KPU faculty and staff along with tutors from The Learning Centre partner with Surrey Libraries and the Progressive Intercultural Community Services (PICS) Society to develop an existing pilot project into a broader program. To get involved, contact Eva Touzard at 604-596-7722 or eva.touzard@pics.bc.ca.

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Tuesday, Nov. 20 & 27, 11 a.m. – lobby, building B	Broadway
Tuesday, Dec. 4, 11 a.m. – lobby, building B	Broadway
Teaching English to speakers of other languages (TESOL)	
Tuesday, Nov. 20 & Dec. 4, noon – room 518	Downtown
Dental reception	
Tuesday, Nov. 20, 5:30 p.m. – room 501	Broadway
American Sign Language (ASL) and Deaf studies	
Wednesday, Nov. 21, 6 p.m. – room 2555	Broadway
Hospitality management diploma	
Wednesday, Nov. 21, 6:30 p.m. – room 419	Downtown
English language preparation for health sciences	
Tuesday, Nov. 27, 6 p.m. – room 1214	Broadway
Denturist	
Wednesday, Nov. 28, 3 p.m. – room 334	Downtown
Music	
Friday, Nov. 30, 12:30 p.m. – room 1227	Broadway

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SFU names new director of public affairs

DANIEL HENDRIKSEN
For Metro

Simon Fraser University (SFU) recently appointed a new director of public affairs and media relations.

As a result of the retirement of Don MacLachlan, who held the position for the past 6½ years, Scott McLean, director of public relations for SFU's Vancouver campus, will soon be moving to the main campus in Burnaby to fill MacLachlan's shoes.

McLean has put together a very successful career with SFU. Before his role at the Vancouver campus he served as media, PR and sports information director of SFU Clan Athletics for more than five years.

His resumé with the Clan is quite impressive, including the announcement of SFU's entry into the NCAA as its only non-U.S. member. He also developed the Clan YouTube videos and the SFU Sports channel. Thanks to McLean, the views of SFU athletics videos spiked more than 600 per cent.

"Through experience I've learned that you want to implement change gradually," McLean said in a press release. "At SFU Vancouver one of my first tasks was to seek input and feedback from internal and external stakeholders on what we were doing well and what we could improve, and I plan on doing the same in this role."

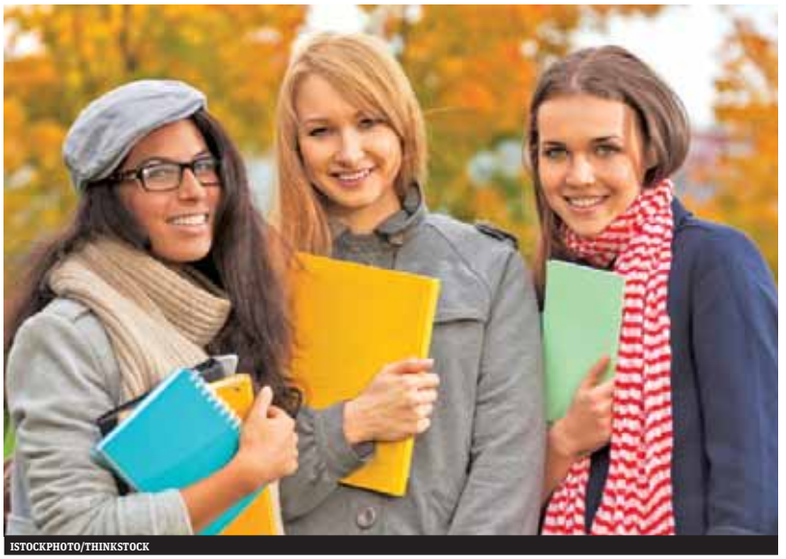
BCIT grad to compete in international competition

A graduate of the British Columbia Institute of Technology's (BCIT) architectural science program will soon be representing the school at an international competition in Russia.

More than 300 colleges and universities from all over the world submitted work from their best graduation project for the competition, and BCIT nominee Josh Tessaro made the cut to take part in Archiprix Internationale 2013.

Tessaro and his project, CORES — Communal Urban Living, will go head-to-head with other architecture grads from countries such as Portugal, Japan, Chile, Australia, USA, China, Uganda, Norway, Russia, and Iraq.

"It's a real privilege to have been invited to participate in Archiprix International 2013," Tessaro said in a media release. "There were lots of awesome graduating projects coming out of the architectural science program at BCIT over the past couple of years and done by some great students, so I was lucky to be the one selected to enter Archiprix."



ISTOCKPHOTO/THINKSTOCK

Tessaro's idea focuses on cohousing, a form of intentional community where members live in close proximity in private units and actively share common spaces and amenities.

Archiprix Internationale 2013 takes place this coming May in Moscow.

Kwantlen hosts NEVR conference

Approximately 200 people attended the first ever Network to Eliminate Violence in Relationships (NEVR) conference/community forum at Kwantlen Polytechnic University (KPU) earlier this month.

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To learn more, visit kwantlen.ca/nevr.html.

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BCIT president sleeps outside with homeless

DANIEL HENDRIKSEN
For Metro

In an attempt to get an idea of what approximately 700 young Vancouverites go through every day, British Columbia Institute of Technology president Don Wright hit the streets and spent the night outdoors on Nov. 15.

Wright, along with several high-profile citizens of Vancouver and executives in 11 other North American cities, participated in the event entitled "Sleep Out."

The goal was to raise money for Covenant House, a privately-funded agency dedicated to providing food, shelter, immediate crisis care, and essential services to homeless youth throughout the United States, Canada, and Latin America.

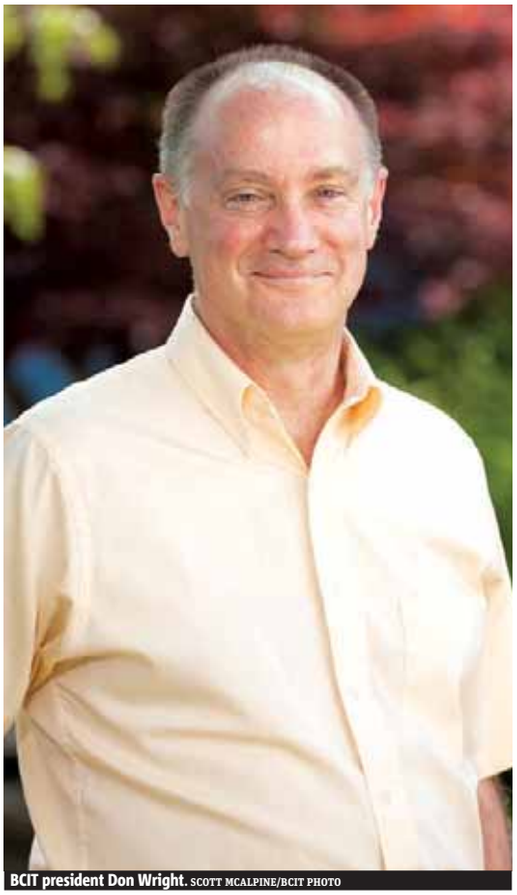
Leading up to the event, Wright spoke about the cause and what he hoped to accomplish.

Insight and empathy

"I want to get a small glimpse of the life that too many have to experience on a regular basis. I think it will give me increased insight and empathy."
Don Wright, BCIT president

"I want to get a small glimpse of the life that too many have to experience on a regular basis," Wright said in a press release. "I think it will give me increased insight and empathy. I am also hoping that in this small way I can help mobilize society's attention and resources on this issue."

The plan for Wright and the other Vancouverites who took part in Sleep Out was to raise $11,000 each — the amount it takes to fully fund one day and night of Covenant House Vancouver.



BCIT president Don Wright. SCOTT MCALPINE/BCIT PHOTO

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COLLEGE UNVEILS NEW WEBSITE

The Academy of Learning College's new website is live at academyoflearning.com. User-friendly, cutting edge, and with a focus on events across the country, it reflects the college well.

The new site has more links, allowing you to navigate easily between different provincial sites. This is a must for the school, which boasts 60 campuses in 45 communities. Campuses can now post their own news and photos on the main site so you can focus on items relevant to your community.

Among Canada's largest career colleges, the Academy of Learning College offers vocational programs and courses in accounting, business, health care, information technology, and web and graphic design. With flexible class schedules and a variety of funding options, there is bound to be a program or course that is right for you.

"We hope that people who have perhaps been afraid, or not had the confidence, will now consider going back to college to earn a diploma, to become better trained, to embrace re-education," says Heidi Collins, director, marketing and sales. "We hope that our graduates will explore our redesigned website to learn all about the new us."

This relaunch is happening during a big year for the Academy of Learning College — its 25th anniversary. While the college has been celebrating with open houses and other events throughout 2012, it is the continuation of quality programs and courses — delivered by an institution that remains wholly Canadian-owned — that sums up its legacy best.

You can learn more about the Academy of Learning College through Career Bear, a Canadian website designed to assist people looking for a career but are unsure where to start. Click to careerbear.com/college/academy-of-learning-british-columbia for more.

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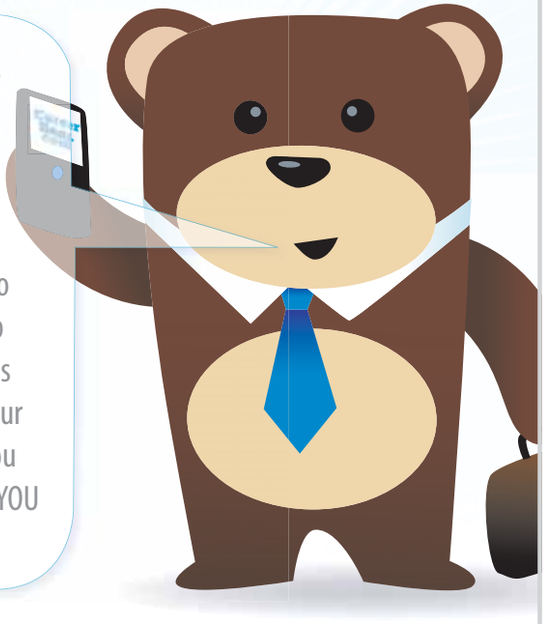

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METRO CUSTOM PUBLISHING

UBC adds two new Canadian Research Chairs

DANIEL HENDRIKSEN
For Metro

The University of British Columbia (UBC) recently added a pair of new Canada Excellence Research Chairs (CERC). The two new chairs, worth $20 million over seven years, will be in the areas of quantum materials and devices, and digital media research and innovation.

On Nov. 8, Minister of State (Science and Technology) Gary Goodyear announced the appointment of 11 new research chairs to eight of Canada's top institutions. UBC, along with McGill University and Queen's University were the only schools to receive two positions.

The CERC program was launched in 2008 and is designed to attract the best researchers to build a critical mass of expertise in Canadian universities.

John Hepburn, UBC vice-president, research and international, had nothing but praise for the CERC program.

"The CERC program has made it possible for UBC and other leading Canadian institutions to recruit some of the brightest minds to Canada," Hepburn said in a media release. "It is accelerating critical discoveries that have already made real differences in the lives of people in our country and beyond."

A full list of the newly announced CERC can be found at cerc.gc.ca/releases-communiques/nr-co-20121108-eng.shtml.

WAVEBREAK MEDIA/THINKSTOCK

Focus on final exams

JON TATTRIE
For Metro

Final exams can sneak up on post-secondary students, so experts suggest taking the red leaves of fall as a red flag that it's time to hit the books.

Naomi Deren, manager of the Student Success Centre at the University of Regina, says if you are short on time cutting classes is a bad way to grab a few more hours. You are more likely to fall further behind in your effort to get ahead. "Keep on top of your reading and class notes," she advises.

Visit your student centre for help improving your skills at studying, managing your time and writing exams. Deren urges students to create a study plan. That involves looking at your exam schedule, figuring out what work needs to be done and setting out a concrete calendar of when you will do each bit of work.

Deren says it's also a good time to look back to midterms. If you struggled with something then, now is the time to fix it. "Exams will be here before you know it," she says.

Most colleges and universities open winter registration at this time of year and the sooner you register, the better your chances of getting your dream schedule.

Deren says you can use the winter break to set academic goals such as when you want to graduate, what marks you want to get, and what you want to do post-graduation.

"Then it's easier to do planning and manage time," she explains.

Ben Harrison, a fourth-year journalism student at the University of King's College in Halifax, says the main problem he has encountered in the run-up to finals is content overload.

"From September to December, there is so much that you learn that it's really difficult to retain all of the material," he says.

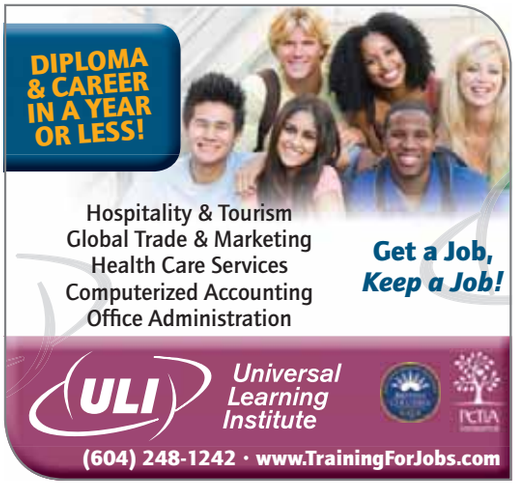
He solves that problem by forming study groups. Using flash cards, the students quiz each other and improve their ability by sorting the information as needed.

"Studying in a group was a big thing because when we weren't sure about something, we had somebody there that we could talk with," he says.

Harrison also talks to his professors regularly to ensure he knows what areas are especially important for exam preparation.

He uses the winter break to assess his performance.

"It's good to shake the bad habits you may have picked up in the first half and refocus and re-energize for the second half of the year."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Tennis

Davis Cup returning to Vancouver

The Davis Cup is making its return to Vancouver and UBC, with the potential for a star-studded tennis lineup.

Canada and Spain will meet in a Davis Cup World Group first-round tie at the Doug Mitchell Thunderbird Sports Centre from Feb. 1 to 3, Tennis Canada announced at a press conference Monday.

The winner will meet either Croatia or Italy in the quarter-final round.

Spain, as of Monday, was the top-ranked nation in the Davis Cup standings, despite losing to the Czech Republic in the final the previous day.

It's possible Spanish star Rafael Nadal — ranked fourth by the Association of Tennis Professionals and one of the most decorated players in the world with 11 grand-slam titles — could play in Vancouver. However, he continues to battle a nagging knee injury.

The Canadian contingent will be named at a later date by team captain Martin Laurendeau.

This year's team consisted of an aging champion and rising stars, including eight-time grand-slam doubles-winner Daniel Nestor and Milos Raonic, now ranked 13th in the world.

Laurendeau hopes the hometown advantage will provide a boost to his team.

"It's a world of difference. We're very fortunate. This is our third tie in a row on home soil and it's a tremendous advantage," he told reporters at UBC.

"Obviously facing Spain in Spain would be much more complicated.... We have to maximize our opportunities when we do play at home. We need to win and this time around is no different.

"We feel good about our chances against any team indoors."

Three different cities — Vancouver, Calgary and Winnipeg — put in bids to host next year's tournament.

"Ultimately, Vancouver was selected because we feel that this city and venue gives our team the best chance to win and because of the great support we received versus France earlier this year," said Gavin Ziv, tournament director for Canada versus Spain and Tennis Canada's director of national events. CAM TUCKER/METRO

Goaltender Ximena Fernanda Hernandez of Mexico's national women's hockey team makes a save on Saturday in a game against the Washington Wild Midget A team at the third annual Wickenheiser International Women's Hockey Festival in Burnaby. DAVE HOLLAND/DAVE HOLLAND PHOTOGRAPHY

Hockey a hit with Mexican team

Crossing borders.
Country's national women's team visits Burnaby for Hayley Wickenheiser festival

CAM TUCKER
cam.tucker@metronews.ca

Melisa Arroyo loves hockey. She can talk at length about the NHL or the junior ranks ... and then she can talk about the sport some more.

Did we mention Arroyo was born, raised and currently lives in Mexico, a nation many in Canada would not connect with hockey?

"I've tried many sports but none as complete and as fun as hockey is," she said. "It's very sad about the lockout. (The NHL) is a good way to learn."

After starting out ice skating as a kid and then joining roller hockey, Arroyo traded in her wheels for razor-sharp steel blades, a rubber puck and the ice three years ago.

Quoted

"Hopefully after tournaments like this one, we're going to be able to ask for some funding ... because right now the girls are paying for all the trip."

Diego De La Garma, head coach of Mexico's national women's hockey team

Arroyo now plays defence for the recently formed Mexican national women's team and is the captain.

Arroyo and the Mexican team were in Burnaby on the weekend for the third annual Wickenheiser International Women's Hockey Festival, a four-day event that included 1,200 female players from Canada, the U.S. and Mexico.

A total of 62 teams competed in the tournament, which also included on- and off-ice clinics with three-time Canadian women's Olympic gold medallist Hayley Wickenheiser and NHL legends Bobby Clarke and Pat Quinn.

Mexico competed in the midget division.

"It's been a great experience," said Arroyo.

"We're very happy to have this practice with Hayley, who taught us many things. It was a little time but it was a great time with her."

The Mexican national women's team has been in operation for just over a year. There are, according to the International Ice Hockey Federation website, only 102 female players in the country.

The goal for this beginner program is to qualify for the 2014 world championship, likely in Division II, said head coach Diego De La Garma.

But funding and resources are the most daunting hurdles facing the team, according to the coach.

On a national scale, Mexico is home to only 22 ice rinks, he said. Of that number, six are in Mexico City.

But that is only one-half of the issue.

"Our biggest problem is the money," said De La Garma.

"We do have some support from the government, but right now all of the support is going to the men's hockey team because they are the ones playing in the IIHF world championships (Division II B) and we are getting pretty good results with the men's team.

"Hopefully after tournaments like this one, we're going to be able to ask for some funding ... because right now the girls are paying for all the trip, basically. So, that's tough."

In a bid to grow the profile of the sport, Mexico will host a Pan American tournament in April featuring national teams from Brazil, Argentina and Colombia.

Mexico's invitation to this year's hockey festival came after a chance meeting between Wickenheiser and De La Garma at a camp in Finland last summer.

"(They're) trying to get to a level where they can compete with the rest of the world," said Wickenheiser.

Schneider looks to Europe for action as lockout drags

Canucks goalie Cory Schneider during a game against the Coyotes last February. CHRISTIAN PETERSEN/GETTY IMAGES FILE

Staying in top form. Canucks goalie is anxious to play in order keep himself in competitive shape, has eyes set on Switzerland

Vancouver Canucks goaltender Cory Schneider said Monday he will look to play in Europe if the NHL lockout lasts much longer.

Schneider plans to go home to the Boston area for American Thanksgiving and then explore his options in Switzerland, where he would be considered a domestic player because his grandfather was born there.

"It'll be another week, so we'll see if the talks have gone anywhere, and if not we'll have to open the door to that possibility again," he said Monday after skating with some of his teammates at the University of British Columbia.

Players have been locked out since the previous deal expired Sept. 15.

Schneider, who displaced Roberto Luongo as Vancouver's starter in the Stanley Cup playoffs, said a couple of Swiss clubs have expressed interest based on his dual citizenship.

Like most of the Canucks' core players, he has waited to see how negotiations on a new collective bargaining agreement played out rather than head overseas. While some players, such as Daniel and Henrik Sedin, have chosen to stay in Vancouver because they have children in school and do not want to disrupt their routines, Schneider remained on the West Coast even though he had more flexibility.

But as the lockout period lengthens, the Marblehead, Mass., native is becoming more anxious to stay in top form by playing meaningful games rather than working out informally with his teammates.

"If the season's cancelled, then it's hugely important, because I'm at a point in my career where I can't really sit around for 18 months and not play any games," he said. "Just as an athlete and as a professional, you want to compete and do your job. If that's the only available option, then I think you have to take it pretty seriously before (the collective bargaining agreement) gets fixed."

He was glad to see the discussions being held after the NHL had proposed a two-week moratorium on talks, but he was not overly optimistic that the latest negotiations would produce meaningful results.

THE CANADIAN PRESS

Quoted

"I'm at a point in my career where I can't really sit around for 18 months and not play any games"

Cory Schneider, Vancouver Canucks goalie

Negotiations

NHL asks for detailed proposal

The NHL is looking to see everything put in writing.

With frustration building and the lockout dragging, the league met with the NHL Players' Association on Monday night and requested that the union put all of its desires for the next collective bargaining agreement together into one complete offer.

"It's our position that we've made a couple comprehensive proposals in a row," said deputy commissioner Bill Daly. "We'd like to know where they are on all of the issues. We asked that they put together a comprehensive proposal for us to consider."

The sides have been unable to agree on proposed changes to player contract rights and how to share revenue, and will also need to sort out how they pay for the damage of a lockout. While they've exchanged ideas verbally in recent weeks, the league doesn't feel as though it has a complete picture of where the players stand.

Donald Fehr, the NHLPA's executive director, said he would take the league's request into consideration and make contact again on Tuesday morning. He think "it's more likely than not" the sides will then meet for a second straight day.

However, it remains to be seen whether the union is ready to table a full proposal.

THE CANADIAN PRESS

NFL

Saints' Brees pledges $1M to Sandy recovery

New Orleans Saints quarterback Drew Brees says he is donating $1 million US to Superstorm Sandy relief efforts. Brees told CBS' Person to Person in an interview to air Friday that the donation will come through the Dream Foundation he runs with his wife, Brittany. He did not say who will be receiving the donation.

THE ASSOCIATED PRESS

Saints quarterback Drew Brees GETTY IMAGES FILE

NBA

Roy's future in limbo after latest knee injury

Brandon Roy's balky right knee put him back on the operating table Monday, an ominous sign for a player trying to come back from chronic knee issues.

The latest setback doesn't appear to have dashed those hopes completely just yet.

The Minnesota Timberwolves guard had arthroscopic surgery on his right knee, a procedure the team said will keep him out approximately one month.

"We fully support Brandon's decision to have today's arthroscopic procedure, and look forward to his return when he feels ready to play," team president David Kahn said in a statement. THE ASSOCIATED PRESS

Moving forward. Changes for Lions could be in the offing after ouster from playoffs

The B.C. Lions will meet with the media Tuesday, but not to discuss the defence of a Grey Cup. That came to an end Sunday in the Western final courtesy of a 34-29 loss to the Calgary Stampeders at BC Place.

With such a defeat — the Lions didn't score their first offensive touchdown until the waning minutes of the fourth quarter — comes the prospect of change to a roster that forged a 13-5 record in the regular season.

In the Lions' defining moment of 2012, there were plenty of glaring weaknesses exposed by the Stampeders.

"For me it hurts a whole lot due to the fact that I've been here eight years now and some of these guys I've been with for a long time," said defensive back Ryan Phillips following the game.

Lions receiver Marco Iannuzzi takes a hit from Calgary's Fred Bennett on Sunday at BC Place. DARRYL DYCK/THE CANADIAN PRESS

"Everybody knows for the simple fact that some guys are getting older, some guys might be trying to move on to their second life ... and at the end of the day I'm beyond appreciative of playing with a lot of these guys.

"You never know what the off-season is going to bring.... I don't really anticipate (change). I honestly feel like we're built to win, we have a team that's here that can win."

Others know it's inevitable, regardless of the outcome against Calgary.

"There will be changes on the whole team. There will always be changes," said 36-year-old centre Angus Reid.

"That's what the off-season is for. Win or lose there's always changes. I'm not in that room and it's maybe too early to discuss that topic, so we'll just let that stuff unfold when the off-season gets going." CAM TUCKER/METRO

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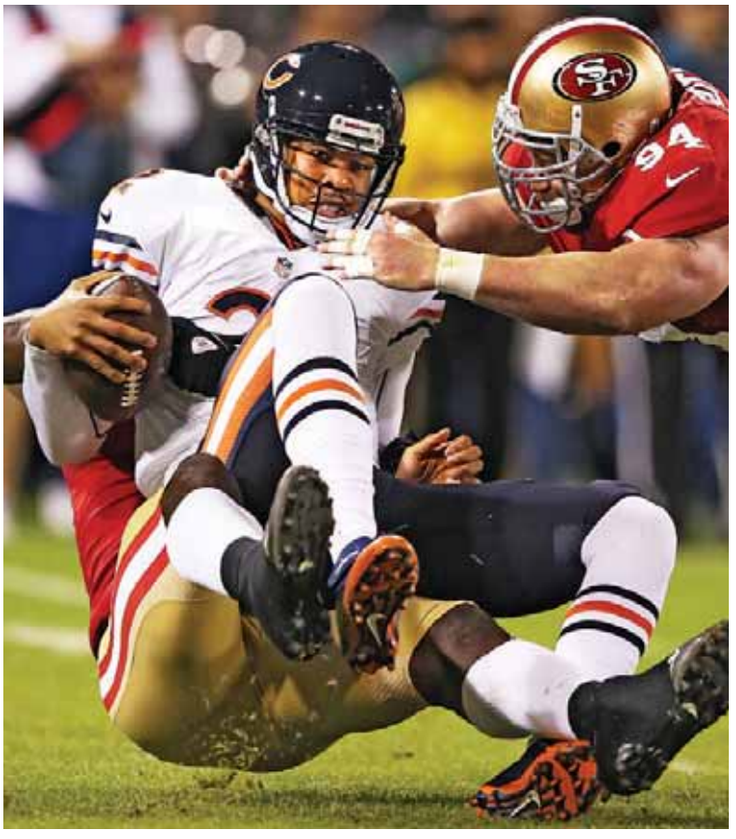

49ers give Bears a beatdown

Chicago Bears quarterback Jason Campbell is sacked by Aldon Smith, left, and Justin Smith of the 49ers on Monday night at Candlestick Park in San Francisco. QB Colin Kaepernick passed for 243 yards and two touchdowns in his first career start in place of the injured Alex Smith, as the 49ers whipped the Bears 32-7 in a highly touted NFC showdown that hardly lived up to the hype. EZRA SHAW/GETTY IMAGES

Coach Reid won't quit Eagles job

NFL. Philadelphia's poor record may spell the end of Reid's 14-year reign

Philadelphia Eagles head coach Andy Reid walks off after speaking at a news conference at the team's practice complex Monday in Philadelphia. The Eagles' poor performance has put Reid's job in jeopardy. MATT SLOCUM/THE ASSOCIATED PRESS

Andy Reid isn't quitting his job.

The Philadelphia Eagles have sunk so low that people are wondering if Reid will simply step down instead of waiting to be fired.

"I think that'd be a cop-out," Reid said Monday when asked about resigning. "That's not how I see things. That's not the way I'm wired. We're going to keep battling and do it as a team. I'm not going to tell the guys one thing and then do the other."

As the losses pile up and get worse each week, Reid has run out of explanations. The Eagles (3-7) have dropped six in a row. Even worse, they're no longer competitive.

A 31-6 whipping by the Washington Redskins wasn't as close as the 25-point difference indicated.

After a 3-1 start, the Eagles have completely fallen apart. It started with a two-point loss at Pittsburgh on Oct. 7. A three-point overtime loss to Detroit followed. That was the closest Philadelphia would come to victory. The margins in the next three defeats were 13, 15 and 15. Then came the debacle at Washington.

Surely, the Eagles have hit rock bottom.

"Obviously that's not good enough the way that we're playing," Reid said. "I take full responsibility for that. I know we're letting the fans down and the city down."

THE ASSOCIATED PRESS

Writing on the wall

Reid's future is not even a question anymore.

- Unless the Eagles run the table, win the division and go deep in the playoffs, it's almost certain Reid won't be back for a 15th season in Philadelphia.
- Owner Jeffrey Lurie already said that another 8-8 season would be "unacceptable."

MLB

Selig signs off on Jays-Marlins deal

It took longer than Blue Jays fans probably would have liked, but Toronto's mammoth 12-player trade with the Miami Marlins is finally a done deal.

Baseball commissioner Bud Selig said Monday he would not stand in the way of the trade that sees Toronto acquire all-star shortstop Jose Reyes, pitchers Mark Buehrle and Josh Johnson, catcher John Buck and infielder/outfielder Emilio Bonifacio from Miami for seven players.

Miami gets infielders Yunel Escobar and Adeiny Hechavarria, pitchers Henderson Alvarez, Anthony DeSclafani and Justin Nicolino, catcher Jeff Mathis and outfielder Jake Marisnick in the deal agreed to last week. The Marlins also are sending cash to Toronto as part of their payroll purge.

Later Monday, Toronto signed free-agent left-fielder Melky Cabrera. The 28-year-old was leading the National League in hitting at .346 for the San Francisco Giants when he was suspended Aug. 15 for a positive testosterone test.

THE CANADIAN PRESS

History of Grey Cup part of Canada's cultural fabric

The University of Toronto Seniors, who won the first Grey Cup in 1909, are shown in a file photo. THE CANADIAN PRESS HANDOUT

It has been lost, forgotten, stolen, held for ransom, caught up in a compromising position with exotic dancers and even come under attack by the Taliban. Such is the rich and colourful history of the Grey Cup.

The iconic trophy wasn't supposed to honour a football champion. It was originally to be awarded annually to Canada's top senior hockey team, but Sir Montague Allan beat Earl Grey to the punch by issuing the Allan Cup. Grey later donated the trophy to recognize the Canadian rugby football winner. At the time, the Grey Cup was made at a reported cost of $48. Today, the hallowed trophy's value awarded yearly to the CFL champion is estimated at $75,000.

To those who compete for it, the Grey Cup isn't about money. It's a 100-year-old trophy that's steeped in tradition and sewn tightly in Canada's cultural fabric. The Calgary Stampeders and Toronto Argonauts will add to that rich history when they face off in the centennial version of the CFL's title game on Sunday at Toronto's Rogers Centre. Mark DeNobile, the executive director of the Canadian Football Hall of Fame, says the Grey Cup has weathered its share of storms over the years based on the shape of the trophy when it returns home to Hamilton.

"Whatever the team does with it while they have it as Grey Cup champions, we really don't want to know," he said with a chuckle. "A few times, yes, it has come back in rough shape."

The Grey Cup has special significance to the DeNobile family. DeNobile's father, Gino, appeared in seven CFL title games as an offensive lineman with the Hamilton Tiger-Cats from 1956 to 1984, winning twice.

After helping the B.C. Lions win the Grey Cup last November, linebacker James Yurichuk took the trophy to new heights. When it was the Brampton, Ont., native's turn to have the cup for a day, he took it via helicopter to the top of a B.C. mountain and had a friend film him victoriously raising the trophy above his head as the sun set behind him. THE CANADIAN PRESS

Close call

The Grey Cup has had adventures abroad.

- On July 1, 2008, Mark DeNobile and former CFL players brought the cup to a Canadian Forces base in Kandahar, Afghanistan.
- While there, the base came under attack by the Taliban. DeNobile was on stage with the cup when missiles hit nearby.

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Horoscopes

Aries
March 21 - April 20
If what you are doing with your life is not to your liking then change it. The Sun's move into Sagittarius tomorrow will encourage you to head off in a completely new direction. What are you waiting for?

Taurus
April 21 - May 21
Even if your money situation is dismal, things will improve dramatically over the next few days so don't despair. An improved outlook might help as well. There are more important things in life to worry about than cash.

Gemini
May 22 - June 21
The Sun crosses the partnership angle of your chart tomorrow, making it essential that you get along with people on a one-to-one level. Think of everyone you meet as your friend — and you will benefit in remarkable ways.

Cancer
June 22 - July 23
If there is anything strenuous that needs to be done, you should get it out of the way today because when the Sun moves into the wellbeing area of your chart tomorrow, you probably won't be up to it. Get going.

Leo
July 24 - Aug. 23
By all means, be active but look ahead a few moves as well. It will spare you a lot of setbacks and maybe a few cuts and bruises too. And try to be patient with people who move more slowly than you.

Virgo
Aug. 24 - Sept. 23
No matter how fit you may feel right now, the exertions of the past few weeks will catch up with you quite quickly. Plan a few quiet evenings in with loved ones. They will appreciate it — and so will you.

Libra
Sept. 24 - Oct. 23
The cosmic picture is beginning to change and by the end of the week you will be getting out and about and meeting new people. Friendships and love affairs are under excellent stars — just don't get them mixed up!

Scorpio
Oct. 24 - Nov. 22
You have done a lot in recent weeks and can feel proud of yourself, but over the next few days you will have to work even harder to safeguard your gains. The price of success is eternal vigilance.

Sagittarius
Nov. 23 - Dec. 21
Clear out all that is old and worthless in your life so there is room for bigger and better things to come in. That applies to people as much as to possessions. Your own needs must come first now.

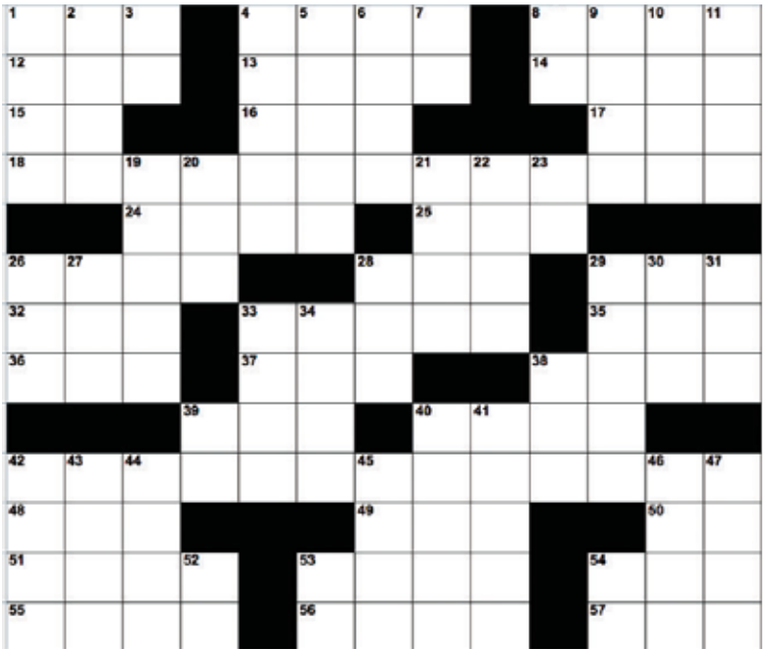
Capricorn
Dec. 22 - Jan. 20
The next few weeks are going to be of the utmost importance. Think about what you want to be doing from the time of your next birthday for the following 12 months. How can you prepare the ground? Start now.

Aquarius
Jan. 21 - Feb. 19
Positive thinking can take you only so far. At some point you have to move from thinking to doing. The Sun's change of signs tomorrow will show you new ways to get ahead. Hard work must come from you.

Pisces
Feb. 20 - March 20
It is time to decide, once and for all, what your priorities are going to be. Don't listen to what other people tell you, listen only to your own inner voice. The choices you make now will have long-term consequences. **SALLY BROMPTON**

Crossword

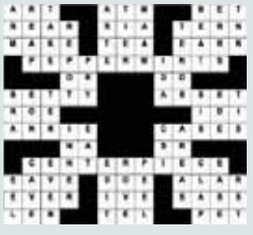
BY BETTY MARTIN



Across
1. Southern st.
4. Rig
8. — Network Canada
12. Light
13. British bus
14. Erected
15. Railway extension
16. "Con —"
17. Term of endearment
18. Drive in the country to see these (2 words)
24. Bratty children
25. Wager
26. Actress — Ward of Once and Again
28. Hawaii's Mauna —
29. Corner —
32. Before
33. Talk show host DeGeneres
35. Actors Norton and Murphy
36. Reply (abbr.)
37. Pilfer
38. Suit accompaniment
39. — the season
40. Nickel or dime
42. 1970's John Ritter sitcom (2 words)
48. Exclamation of surprise
49. Entourage role
50. Apiece (abbr.)
51. Angers
53. Proofreaders word
54. Aries sign
55. Skirt edge
56. — than Perfect
57. Vocalized pauses

Down
1. Type of market
2. To Sir, With Love singer
3. Tree chopping tool
4. Used on an envelope
5. Moran, and others
6. Copage of Julia
7. — a Big Girl Now
8. Radio dial
9. Waikiki island
10. Aroma
11. Lairs
19. Floor coverings
20. Thurman of Kill Bill
21. Woodwind instrument
22. "— on Me"
23. Bible pt.
26. Health resort
27. Eagle
28. Law degree (abbr.)
29. Actress Davis of Commander in Chief
30. Commercials
31. Fast jet, of old
33. A great lake
34. Defeat
38. Exclusive area of a nightclub
39. – Diem
40. Centres
41. Leave out
42. — Old House
43. Rodent
44. Perlman of Cheers
45. The Curious Case of Benjamin Button actress Blanchett
46. Close by
47. Sweet potatoes
52. Size before med.
53. She played Ellie Bartowski in Chuck (init.)
54. Concerning (abbr.)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	9	3					5	
4					9		8	
5			2		3	6		
	4			7		5		1
7		1		5			9	
		9	4		8			7
	2		7					3
	6					8	4	

Yesterday's Sudoku

6	1	9	3	7	4	5	2	8
8	4	7	9	5	2	3	1	6
3	5	2	6	1	8	9	7	4
9	7	8	5	2	3	6	4	1
2	3	5	4	6	1	7	8	9
4	6	1	7	8	9	2	3	5
1	9	4	2	3	6	8	5	7
7	2	6	8	4	5	1	9	3
5	8	3	1	9	7	4	6	2

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604-244-0550
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